TV TRANSPLANT

DR. HORRIBLE'S SING-ALONG BLOG, A HIT ONLINE MUSICAL STARRING NEIL PATRICK HARRIS, IS MAKING ITS TV DEBUT ON CW THIS FALL PAGE 19

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BRONZE, BRONZE, BRONZE

Canadian Olympic athletes, from left, judoka Antoine Valois-Fortier, diving duo Roseline Filion and Meaghan Benfeito, and weightlifter Christine Girard, all captured bronze medals at the London 2012 Olympics, Tuesday. For more Olympic coverage, see pages 38-41. VALOIS-FORTIER: GETTY IMAGES; FILION AND BENFEITO: THE CANADIAN PRESS; GIRARD: GETTY IMAGES

City planner is no insider

Toronto's new chief planner, Jennifer Keesmaat, was recruited from the private sector and is an advocate for walkable communities PAGE 4

G20's stubble trouble

Women claiming to have been profiled because of their hairy legs are among the people suing police over G20 violence and arrests PAGE 3

More whales need saving

A Canadian anti-whaling fugitive, wanted in at least three countries, vows to continue to disrupt Japanese whaling fleets PAGE 10

600M people left powerless

India had to cope with one of the world's biggest-ever blackouts Tuesday, raising more concerns about the country's energy crisis PAGE 6

Phelps breaks medal record

Gold and silver medals on Tuesday make U.S. swimmer Michael Phelps the most successful Olympian ever PAGE 40

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2674 Yonge Street
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6064 Yonge Street
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Sun Valley Fine Foods

Danforth grocery closes up shop

Another independent grocery store has forever shut its doors.

Sun Valley Fine Foods ended its 29-year stint on Danforth Avenue Sunday, much to the sadness of the stream of customers who discovered an empty shop Tuesday.

But business was tough, so store and building owner Gerry Aravantinos decided to close the grocery and lease the prime corner space instead, said Jim Bexis, manager of Sun Valley's Scarborough location at Danforth and Birchmount roads. TORSTAR NEWS SERVICE

Sun Valley store manager Michael Apostolou. EMILY JACKSON/TORSTAR NEWS SERVICE

Major sewer line

Sewer-pipe repair hits snag

Call it a slow-motion emergency. The city moved with deliberate speed to begin repairing a giant crack in a huge sewer line buried beneath the Don Valley that serves 750,000 people. But a job originally estimated to cost $15 million to $25 million and scheduled to be finished in eight to 10 months is now close to $40 million and has taken 30 months — and there is no completion date in site.

The large sewer line is the most important in the city, and if it bursts, raw sewage will begin pouring into the Don River. But groundwater is hindering efforts to build a bypass pipe. TORSTAR NEWS SERVICE

'Hairy legs' profiling alleged by women in G20-related lawsuit

2010 summit. Lawsuit could be last one of its kind, given two-year limitation period

Women claiming to have been profiled because of their hairy legs are among a group of seven people planning to serve a $1.4-million claim against police on Wednesday arising out of the violence-marred G20 summit two years ago.

The group from Hamilton alleges the police wrongfully arrested them on June 27, 2010 — a day after vandals went on a rampage in downtown Toronto — as they emerged from a Yonge Street restaurant, their lawyer said.

They allege they were kept for hours in handcuffs, then held for more than 24 hours at a makeshift detention centre in the city's east end before being released without charge. One of the plaintiffs also alleges she was sexually assaulted during a roadside strip search.

None of the claims has been proven or tested in any court.

In a statement, lawyer Davin Charney said one of the seven asked the reason for their arrest and an officer told them police "would make one up."

Charney said some of the plaintiffs believed they were profiled for arrest because of their appearance, which included having hairy legs.

According to the lawyer, the provincial police watchdog — the Ontario Independent Police Review Director — found an officer wrote in his arrest notes that "all parties appear to be protesters; back packs; clothing and females all have hairy legs."

The director's report also recommended discreditable conduct charges be laid against the officer for swearing at the women, and telling them to "shave your legs, you dykes," the lawyer said.

"This was a specific incident that was investigated and there was a report produced in relation to just this incident," Charney said in an interview Tuesday.

The lawyer said he would provide further details at a news conference at police headquarters on Wednesday when the suit would be served. THE CANADIAN PRESS

What an officer allegedly wrote

"All parties appear to be protesters; back packs; clothing and females all have hairy legs."

From an officer's notes, report claims

Braving a stormy, soggy day in the city

A woman wearing a rain poncho crosses Queens Quay during a heavy downpour in Toronto on Tuesday. Many city streets were flooded with water, with floodwater at Lake Shore Boulevard West and Park Lawn Road reaching car doors, police say. The storm knocked out power to a section of Yonge-Dundas Square, resulting in a cancellation of Tuesday night's movie screening, and created power outages in Markham. PAWEL DWULIT/TORSTAR NEWS SERVICE

Empress Hotel arson. Man faces 29 new charges

A 53-year-old man accused of setting fire to a Yonge Street historic site that once housed the Empress Hotel faces 29 new charges, mainly arson-related.

And police are looking at other unsolved Toronto fires for links to the accused serial arsonist.

Stewart Poirier, dressed in a jail-issue orange jumpsuit, said nothing Tuesday in College Park provincial court as his bail hearing was put over until Aug. 7.

New charges include setting fire, in April, to a closet at his unit at a Toronto Community Housing residence on Sackville Street. He was previously charged with a July fire in the unit.

His lawyer, Dana Garrick, told reporters Stewart has mental health issues, but no major mental illness. He said he is often homeless. TORSTAR NEWS SERVICE

Two-day arson spree

14

Fourteen new charges relate to a two-day arson spree in June at dumpsters and garbage bins in west central Toronto — on Wellington Street, Spadina Avenue, Peter Street, John Street, Stephanie Street and at The Red Tomato Restaurant downtown.

Vaughan. Transit hub plan raises concerns

The intersection of Keele Street and Highway 7 is thick with traffic. Cars, trucks and buses crawl along the stretch of road near the soon-to-be-downtown Vaughan, currently flanked by industrial buildings and empty strips. The congestion, as local residents like Josephine Mastrodicasa will invariably tell you, is getting worse every year.

But it's not just the traffic surrounding Concord West that has the residents concerned.

It's the suggested solution to the traffic.

On paper, the proposed Ministry of Transportation transit hub, to be built south of Highway 7 bordered by the 407, seems like a much-needed answer to the woes of weary commuters. The GO-Barrie (Concord) station project will have GO trains north to Barrie, GO/YRT and VIVA bus depot to shuttle commuters across the region and extensive parking.

But residents fear the transit hub slated to be built on top of the last green space accessible to their community — one of the oldest in Vaughan — will "choke" their community already boxed in by the CN Rail and the 407 and, ironically, make traffic around them even worse.

"It's going to become a traffic nightmare," said Mastrodicasa, president of the Concord West Ratepayers Association. "And one we will have to deal with every single day."

Across the GTA, municipalities are struggling to play catchup with public transit infrastructure and looking for ways to make commuting easier for suburbanites. But in some communities, residents say the big transit plans are being drawn up without their input. They are not against public transit in their backyards; they simply want to be part of the process. TORSTAR NEWS SERVICE

Criticism

"They have little regard for protecting the environment. They might as well pave over the river."

Paulo Correa, chair of the Concord West Ratepayers Association Ad Hoc Committee, about the province's plan

Mobile news

Water polo athlete Rosanna Tomiuk may not have qualified for the London Olympics, but her tribute to Team Canada is definitely worthy of a medal. Scan the code to watch her musical shoutout to Canada's Olympians.

Billy Bishop airport. Port authority drops bathroom ban for cabbies

The Toronto Port Authority has backed away from banning taxi drivers from Billy Bishop Toronto City Airport's bathrooms.

The drivers were banned from the passenger-transfer facility at the foot of Bathurst Street on July 17 after a dispute over messy washrooms.

The port authority said taxi drivers were responsible for creating a mess that included urinating and defecating on walls, floors and hand driers. Drivers said anyone could have caused the mess and some said they wouldn't pick up passengers at the airport anymore because of the treatment.

On Tuesday, the iTaxiworkers Association, which represents about 750 taxi workers in the city, met with the port authority for about two hours.

They promised to "monitor the washrooms and help oversee the facilities" in exchange for reopening them to taxi drivers, a statement issued by the Toronto Port Authority says.

The drivers will have to use two outdoor portables for one more week while a washroom they'll be allowed to use undergoes repairs.

Sajid Mughal, president of iTaxiworkers Association, said he's happy with the resolution.

He's encouraging drivers to report any washroom damage they notice to him so they don't get blamed for causing it.

"They will be doing our monitoring and we will be doing our monitoring to catch the culprits."

Last week, Mughal asked the port authority to keep the washrooms open for a month while he monitored the facilities and targeted individual drivers who left a mess behind, rather than punishing all taxi drivers.

He said the port authority declined that proposal.

Asafo Addai, a taxi driver who picks up passengers at the airport, had mixed feelings about Tuesday's news.

"As far as I know, the washroom is not broken, so why do (we) have to wait until next week?" TORSTAR NEWS SERVICE

To call their own

- Eventually, drivers at Billy Bishop Toronto City Airport will have their own washrooms. The port authority plans to build a corral for the drivers, with a sitting area and designated washrooms.

Online

For more news, visit metronews.ca

New chief planner takes helm at city hall

Keesmaat. 'She'll be looking at the bigger picture,' as opposed to day-to-day issues: Coun. Peter Milczyn

Toronto's new chief planner is an advocate of density and walkable communities who made her name as a private-sector consultant and who has publicly criticized Mayor Rob Ford.

The city's previous three chief planners each spent more than 22 years in municipal government before they were appointed to the post. Jennifer Keesmaat, whose appointment was announced Tuesday, is a principal at Dialog, a Toronto-based integrated-design firm.

"Those who know me know this was the farthest thing from my mind," Keesmaat, who starts on Sept. 10, said in a brief interview. "It's not something that I've ever even really contemplated. I've been in private consulting my whole career.... But I was recruited, and the seed was planted."

Keesmaat's public statements suggest she is at odds with Ford on some issues. On Twitter, she retweeted a message that called the removal of the Jarvis bike lanes a waste of money. After Ford pushed for a Sheppard subway against the advice of TTC officials, she wrote, "Political meddling = bad planning."

She has touted the benefits of communities that allow people to ride bicycles rather than drive cars, and she has suggested that tax-rate freezes deprive cities of the money to pay for good infrastructure. TORSTAR NEWS SERVICE

Quoted

"I started to think about how much I care about and love this city, and one thing led to another, and here I am."
Jennifer Keesmaat

Background

- As a consultant, Jennifer Keesmaat worked extensively with mid-size Canadian cities. She was involved in creating downtown plans for Moncton, N.B., and Regina, culture plans for Peterborough and Saskatoon, and involved with Mississauga's strategic planning process, according to her LinkedIn page.

New chief planner Jennifer Keesmaat worked briefly at city hall during Mel Lastman's mayoralty, as executive assistant to left-leaning Coun. Joe Mihevc. CONTRIBUTED

Crime. Cops bust alleged gang headquarters

Toronto police say they busted an illegal after-hours bar that doubled as a gang headquarters, seizing guns and drugs Sunday night.

Five men and one woman share a total of 10 gun- and drug-related charges. They were patrons at the Boss Jamaican Bar at 423 Vaughan Rd., near St. Clair Avenue West and Bathurst Street.

Police officers used a search warrant to seize a Colt handgun, ammunition, crack, marijuana and a wad of cash.

The bar's 49-year-old owner faces charges for illegally selling alcohol.
TORSTAR NEWS SERVICE

Attendees at the funeral for Danzig shooting victim Shyanne Charles. RENE JOHNSTON/TORSTAR NEWS SERVICE FILE

Homes. Transfers sought after shooting

It's not a mass exodus, but some residents of the Danzig Street Toronto Community Housing complex where 25 people were shot have asked to be transferred out since the violent incident.

Families in four units in the public-housing development near Morningside Avenue and Lawrence Avenue East have asked to be moved to other TCH sites, the housing agency said Tuesday.

The transfer requests were received from July 24 to 30. The July 16 shooting during a barbecue killed Shyanne Charles and Joshua Yasay, and left 23 injured.

TCH says it received seven transfer requests from residents in the development for all of last year, and processed five transfers.

The complex consists of 101 units of two-storey, mostly three-bedroom townhouses, and is home to more than 375 tenants. TORSTAR NEWS SERVICE

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Lights out — again! World's biggest blackout hits India

Another day of chaos. Second power outage leaves 620 million in the dark, sparking the question: Can India cope with change?

The world's biggest-ever power outage left 620 million people in the dark Tuesday.

More than half of India was blacked out when three regional grids collapsed.

Hundreds of coal miners were trapped underground.

Trains stalled across the country, New Delhi's Metro shut down and traffic lights went out in many cities.

Even electric crematoria stopped operating, some with bodies half burnt.

The massive failure came a day after a similar, but smaller, outage hit 370 million people.

And it raised serious concerns about India's outdated infrastructure and the government's inability to meet its huge appetite for energy as the country aspires to become an economic superpower.

Power Minister Sushil Kumar Shinde blamed the new collapse on states taking more than their allotted share of electricity.

"Everyone overdraws from the grid," he told reporters.

He added: "I gave directions that states that overdraw should be punished. "

Power officials said the system would not be back to 100 per cent until Wednesday.

A bleak fact behind the outage: A third of India's households do not even have electricity to power a light bulb.

THE ASSOCIATED PRESS

Quoted

"India has outgrown its own infrastructure."

Jagannadham Thunuguntla, a strategist at SMC Global Securities.

Life must go on: A barber in Kolkata, India, holds a candle as he cuts a customer's hair Tuesday amid the massive power outage that threw about half the country into chaos. BIKAS DAS/THE ASSOCIATED PRESS

World-beaters

Some notable power outages around the world:

- **November 10, 2009.** Storms cut power to 60 million Brazilians for two to three hours. Paraguay also blacked out.
- **January-February 2008.** Winter storms cause a nearly two-week blackout for about four million people around Chenzhou, China.
- **August 14, 2003.** Power line problems in the U.S. Midwest trigger a cascade of breakdowns that cut power to 50 million people in eight states and Canada.
- **March 1989.** A solar geomagnetic storm knocks out power to six million people in Quebec for nine hours.

Masked man's mission: Making a city think

The Urban Maeztro plays with a street dog after pasting a Magritte artwork defaced with a grenade. FERNANDO ANTONIO/THE ASSOCIATED PRESS

In the capital of one of the world's most dangerous countries, a hooded, masked man jumped out of a car on an assault mission.

His target: a crumbling wall on a garbage-strewn corner of Tegucigalpa, Honduras.

With his accomplice acting as lookout, the man plastered on the wall a giant black-and-white reproduction of a Leonardo da Vinci masterpiece — defaced with guns and grenades.

And in minutes he was gone.

The city's self-proclaimed Urban Maeztro had struck again with another artistic "intervention" designed to make Hondurans think about the violence that has traumatized Tegucigalpa.

"The level of how common guns have become in this country has passed what is rationally admissible," said the 26-year-old graphic artist, who left his day job at an advertising agency to become the masked crusader.

"It doesn't seem to surprise anyone, but for me it continues to be madness."

The artist uses the street name Urban Maeztro, a stylized translation of "Urban Master," to shield his true identity because the work is both dangerous and illegal.

"There is a parallel between the brutal violation of a work so beautiful by adding a firearm and the violence and guns in Tegucigalpa, which could also be a beautiful city without them," he said.

Urban Maeztro said only his closest friends know he launches the artistic assaults.

THE ASSOCIATED PRESS

Murder capital?

Tegucigalpa (pop. 1.2 million) could be called Central America's murder capital.

- **The toll.** About 1,149 people were murdered there last year, more than 87 for every 100,000.
- **The fear.** The streets are typically empty. People meet in malls, which are guarded by armed men.

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Our race to reclaim the seas

Man-made islands. Overpopulation and environmental threats are prompting nations and entrepreneurs to develop artificial floating cities

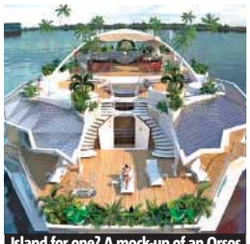
KIERON MONKS
Metro World News

"Our state is small and crowded," Israeli Prime Minister Benjamin Netanyahu told his cabinet in June. "Artificial islands entail many opportunities for the State of Israel."

Israel is following the examples of Dubai and Japan in creating new territory at sea. The government has plans to build artificial islands off major cities for military, industrial and residential use. Indeed, across the world, incentives such as overpopulation and environmental threats are prompting nations to develop the possibilities.

In some cases it is a matter of survival, as with the Maldives islands on the Indian Ocean, whose people are frantically seeking to build artificial territories before rising sea levels force them out.

Existing man-made islands have had mixed results. While the largest, Flevopolder in the Netherlands, has become a thriving business and tourism hub, Dubai's World Islands have stalled due to the staggering $14-billion investment and the fact the islands are beginning to sink.



Island for one? A mock-up of an Orsos luxury island. CONTRIBUTED/ORSOS

Dutch construction company Dura Vermeer is designing the FLOATEC floating community using polystyrene foam as a base for buildings. "All technical challenges have been met," project leader Edwin Blom says.

Leisure and business agendas are beginning to drive development. In July, Austrian company Orsos began selling its first luxury private "islands" — large yachts that can be towed anywhere — and claims to have thousands of requests.

Peter Thiel, the billionaire co-founder of PayPal, has announced his intention to build a "libertarian utopia" on a new island with no taxes or welfare and freedom from laws, a scenario Blom says highlights the potential for chaos.

New islands are planned to exploit gas fields in the Arctic and Mediterranean, and conservationists say artificial islands have a disastrous impact on marine ecosystems.

"Things are being put in place so quickly we don't know what is going to happen," says Peter Sale, a marine ecologist at the United Nations University Institute for Water, Environment and Health. The race to reclaim the sea could yet become a battleground.

Unsceptred isle

"There are almost no regulations for floating communities."

Edwin Blom, project leader for Dutch floating island company Dura Vermeer

Going Dutch: A graphic representation of artificial islands constructed in the Netherlands. CONTRIBUTED: DURA VERMEER

Floating homes

The world's most well-known artificial islands:

- **Lake Titicaca, Peru/Bolivia** The Uros people have been living on islands made of reeds on the lake for centuries.
- **Thilafushi, Maldives** The Maldives solved its overcrowding problem by filling a lagoon with 330 tons of trash and building industrial plants on top. Leaking asbestos has caused problems.
- **Spiral Island, Mexico** British artist Richard Sowa built this floating home and eco farm from recycled material.
- **Sealand, U.K.** Paddy Roy Bates seized a Royal Navy fort in 1967 and has lived on it since, trying to gain secure nation status.

The floating islands of Lake Titicaca have supported human habitation for centuries. WIKIMEDIA COMMONS

Proposal. Ice as land?

Russian scientist Alexander Bolonkin has studied floating cities and believes the best solution for residential living is an ice base. It would be transferred from the Arctic and "protected from warm water with air film balloons," he said, adding the environment would be perfect for agriculture and energy could be harnessed from the ice to keep costs down. Bolonkin is seeking an investor but has had little interest. "The main problem is that the project is too new," he said.

KIERON MONKS/METRO WORLD NEWS

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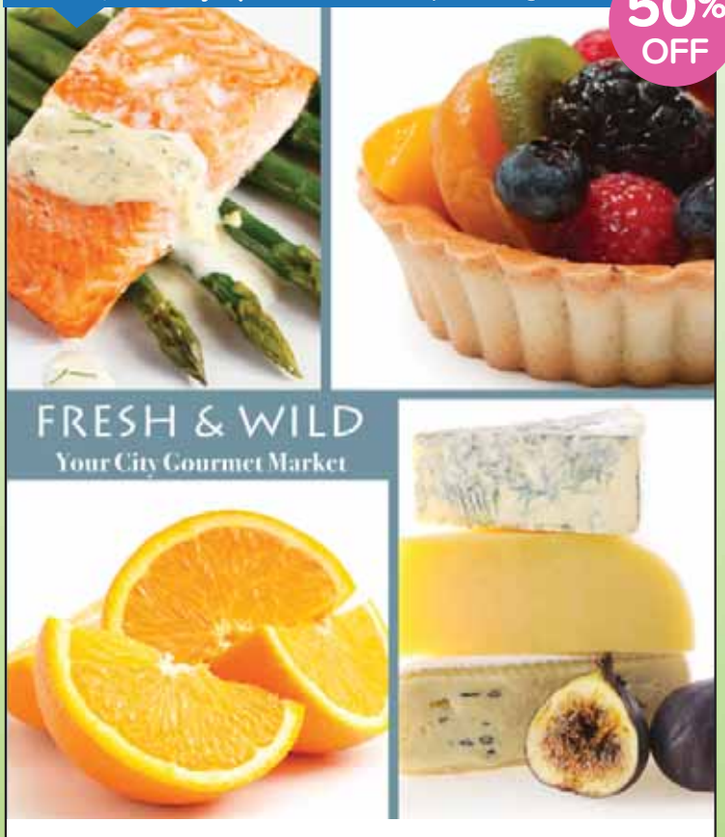

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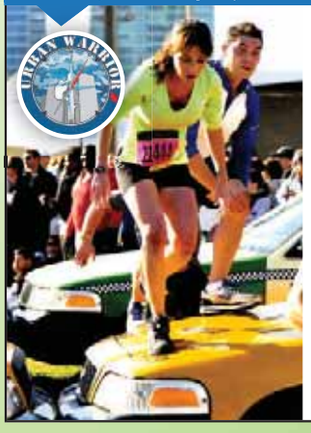

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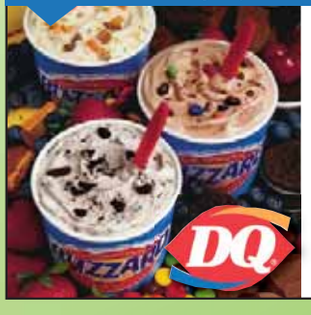

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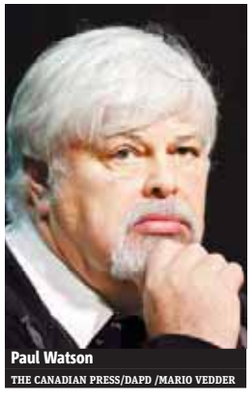
Anti-whaling fugitive chooses seas over jail cell

Canadian Paul Watson. Activist who is wanted in at least 3 countries is determined to disrupt Japanese whalers this winter


Paul Watson
THE CANADIAN PRESS/DAPD /MARIO VEDDER

Paul Watson, the fugitive founder of environmental group Sea Shepherd, vowed Tuesday to continue disrupting Japan's whaling fleet when it heads for the southern oceans this winter, despite authorities in at least three countries seeking his arrest.

The 61-year-old Canadian was detained in Germany in May on a Costa Rican extradition warrant that accused him of endangering the crew of a fishing vessel in 2002.

About 10 days ago Watson, who sees himself as an advocate for whales, sharks and other marine animals, skipped bail after learning that Japan, too, was seeking his extradition from Germany.

"I can serve my clients better at sea than in a Japanese prison cell and I intend to do just that," he said in a statement issued by his U.S.-based group, which didn't disclose his current location. "In December, our ships will sail forth for the ninth campaign to oppose the outlaw Japanese whalers in the Southern Ocean Whale Sanctuary."

The Southern Ocean Whale Sanctuary is a vast conservation area around Antarctica in which commercial whaling operations are banned.

Watson said he believed the Japanese warrant related to the collision of a Japanese whaling support ship and a Sea Shepherd boat in January 2010. Sea Shepherd has accused the Japanese ship of deliberately ramming its futuristic, rocket-shaped boat, the Ady Gil, and eventually causing it to sink. The whalers denied it, saying the Ady Gil's captain deliberately put his vessel in their ship's path.

THE ASSOCIATED PRESS

What, no front-row seats?

Prince William, Duke of Cambridge, and Catherine, Duchess of Cambridge watch the action during the Show Jumping Eventing Equestrian on Day 4 of the London 2012 Olympic Games at Greenwich Park on Tuesday in London, England. PASCAL LE SEGRETAIN/GETTY IMAGES

Ontario woman injured

Lightning jolts group of canoeists

An Ontario woman is recovering from injuries after she was struck by lightning while canoeing with six other people in Manitoba's wilderness.

RCMP say a group of women and girls were on an organized camping trip and were paddling along the Bloodvein River near Lake Winnipeg on Sunday when a sudden storm approached. They were going to shore when the 23-year-old woman was hit by lightning.

THE CANADIAN PRESS

Plans in motion

Grits want refugee care cuts reversed

The federal Liberals are calling on the Conservative government to reverse cuts to refugee health care.

The party's citizenship and immigration critic, Kevin Lamoureux, said Tuesday he'll put forward a motion this fall to study the cuts at a parliamentary committee.

THE CANADIAN PRESS

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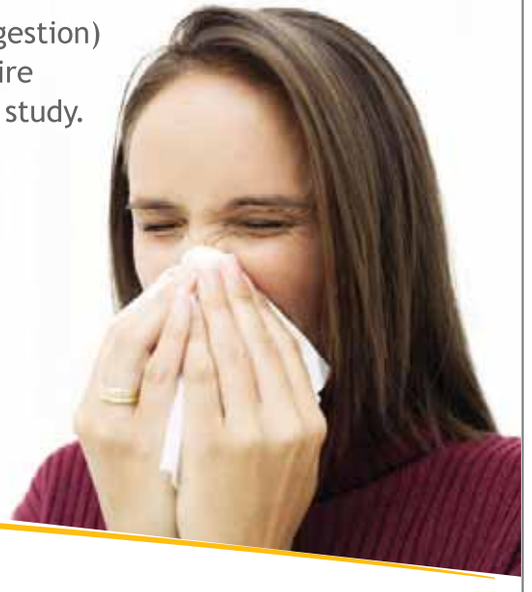

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Pedophile's ex-wife — who let 2 girls starve to death — to be released

Belgium. Michelle Martin's fifth request in eight years granted after securing a position at a convent

The ex-wife of a notorious pedophile who aided her husband's horrific abuse and murder of young girls — and who let two children starve to death while her husband was in jail — was approved Tuesday for early release from prison, infuriating the victims' parents and reopening a dark chapter in Belgian history.

Michelle Martin, who is now 52, received a 30-year prison term in 2004 for not freeing girls her then-husband Marc Dutroux held captive behind a secret door in their decrepit, dirty basement in Marcinelle, 40 miles south of Brussels.

Dutroux, 55, is serving a life term for kidnapping, torturing and abusing six girls in 1995 and 1996, and murdering four of them. During those years, Dutroux also spent four months in jail for theft, leaving it to his wife to feed Julie Lejeune and Melissa Russo, a pair of friends imprisoned in the basement. Martin let the girls starve to death. They were 8 years old.

A court in the city of Mons granted Martin's request for early release — her fifth in eight years — after her lawyers found a place for her at the Belgian convent and convinced the court she would not become a repeat offender.

She will likely not be released for another two weeks, leaving the prosecution time to appeal the ruling.

THE ASSOCIATED PRESS

Imprisonment

Martin and Dutroux have been behind bars since they were arrested Aug. 12, 1996. But early release is common in Belgium.

- Under Belgian law, release is possible after one-third of a sentence is served, including credit for time spent in pre-trial detention.
- In Martin's case, a Belgian convent has now said it would take her in as part of the conditions of her release.

Twin car bombings litter Baghdad streets

People and security forces gather at the scene of a car bomb explosion in a shopping area in Karradah, Baghdad, Iraq, Tuesday. Iraqi officials say twin car bombings within five minutes of each other have killed and wounded scores of people. KHALID MOHAMMED/THE ASSOCIATED PRESS

German intelligence

Suspected Syrian spy faces further charges: Officials

A suspected Syrian spy who was arrested in Germany earlier this year once tried to infiltrate the country's intelligence services, officials said Tuesday. The German federal prosecutors' office said Akram O. was employed by Syria's embassy in Berlin but not officially registered with German authorities when he applied in 2010 for a post with the Interior Ministry. THE ASSOCIATED PRESS

Anti-Putin protest

U.S. speaks out for Pussy Riot

The United States is speaking out on behalf of three Russian feminist rockers charged with hooliganism for performing a "punk prayer" in Moscow's main cathedral. State Department spokesman Patrick Ventrell says the U.S. is concerned about the "politically motivated prosecution of the Russian opposition and pressure on those who express dissenting views." THE ASSOCIATED PRESS

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Thailand 15-Day Tour
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Arafat's widow demands inquiry into 'assassination'

Was he poisoned?
Tests show traces of lethal substance polonium-210, but family seems split over exhumation

The widow of Yasser Arafat on Tuesday formally asked for a French judicial investigation into his death, bringing a complaint of "assassination."

Suha Arafat's request comes just weeks after new suspicions were raised that the veteran Palestinian leader was poisoned before his 2004 death in a French military hospital.

Earlier this month, Palestinian authorities gave final approval for Arafat's body to be exhumed.

But the family appears split over the exhumation.

Arafat's nephew, who as a close relative has veto rights over digging up the remains, said Tuesday there was no need for it.

Did Yasser Arafat die of a massive stroke or was he poisoned?
GETTY IMAGES

The nephew, Nasser al-Kidwa, on Tuesday joined Arafat's sister, Khadija, who lives in Gaza, in saying the body should be left in peace.

Al-Kidwa has alleged repeatedly that Arafat was poisoned by Israel.

Israel has vehemently denied a role in Arafat's death.

In recent tests of Arafat's belongings requested by Suha — and the Arab satellite network Al-Jazeera — a Swiss lab detected elevated traces of polonium-210, a rare and highly lethal substance.

But the lab said the findings were inconclusive and Arafat's bones would have to be tested.

French doctors have said Arafat died of a massive stroke and had suffered from a blood condition.

Now a French judge will have to decide whether to accept Suha Arafat's request — also brought on behalf of their daughter — and order a complete investigation.

THE ASSOCIATED PRESS

Rained out — and loving it

A boat would be better, but ... This Filipino couple is a picture of togetherness as they navigate a flooded street by bike in Obando, Bulacan province, north of Manila, on Tuesday. Typhoon Saola soaked the area as it swept past the Philippines, killing at least seven people.

AARON FAVILA/THE ASSOCIATED PRESS

France cracks down

Sex harassment now means jail

France's Socialist-dominated parliament has approved legislation that makes sexual harassment a crime.

The new law sets three levels of harassment, with the most serious — in cases where the harasser has authority over the victim, the victim is younger than 15, or multiple people carry out the harassment — punishable by up to three years in prison.

THE ASSOCIATED PRESS

Blame for 9-11

How to grab $6 billion?

A U.S. judge says al-Qaida, the Taliban and Iran should pay $6 billion to relatives of Sept. 11 victims for aiding in the 2001 terror attacks in New York.

The New York judge's recommendation, however, is largely symbolic since it would be nearly impossible to collect any damages.

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Patent trial. Apple lawyer claims Samsung copied iPhone technology

An attorney for Apple told a jury Tuesday that bitter rival Samsung faced two options to compete in the booming cellphone market after Steve Jobs introduced the iPhone to critical acclaim in 2007: Innovate or copy.

Samsung chose to copy, making its smartphones and computer tablets illegal knockoffs of Apple's popular products, attorney Harold McElhinny claimed.

Samsung "has copied the entire design and user experience" of Apple's iPhone and iPad, McElhinny told a jury during his opening statement at the patent trial involving the world's two largest makers of cellphones.

In his opening statement, Samsung attorney Charles Verhoeven countered that the South Korean company employs thousands of designers and spends billions of dollars on research and development to create new products.

"Samsung is not some copyist, some Johnny-come-lately doing knockoffs," he said.

Verhoeven asserted that Apple is like many other companies that use similar technology and designs to satisfy consumer demands for phones and other high-tech devices.

For example, he said several other companies and inventors have filed patent applications for the rounded, rectangular shape associated with Apple products.

"Everyone is out there with that basic form factor," Verhoeven said. "There is nothing wrong with looking at what your competitors do and being inspired by them."

The witness lists of both sides are long on experts, engineers and designers and short on familiar names. For example, Apple CEO Tim Cook is not scheduled to testify.

Apple filed its lawsuit against Samsung Electronics last year and is demanding $2.5 billion US in damages, an award that would dwarf the largest patent-related verdict to date.

The case marks the latest skirmish between the two companies over product designs. The two companies have been fighting in other courts in the U.K. and Germany.

THE ASSOCIATED PRESS

Tech tussle

- A verdict in Apple's favour could send a message to consumers that Android-based products such as Samsung's are in legal jeopardy.
- A verdict in Samsung's favour, especially if it prevails on its demands that Apple pay its asking price for certain transmission technology, could lead to higher-priced Apple products.

Market Minute

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Pilots concerned over budget carrier

Air Canada pilots are concerned that the airline's launch of a low-cost carrier could threaten their job security and working conditions, the union said Tuesday as the plans came closer to fruition after an arbitrator sided with the airline in a labour dispute.

A federal arbitrator chose Air Canada's final offer Monday, imposing a five-year collective agreement that includes, among other things, provisions allowing the airline to create a budget carrier.

The airline says the agreement, effective until April 2016, will give it the flexibility it needs to compete with budget carrier WestJet, which operates mostly domestic flights and doesn't have Air Canada's issues with union and pension woes.

"Another piece has fallen into place with this arbitration decision," said Air Canada spokesman Peter Fitzpatrick.

"The industry has changed and a lot of low-cost competition has arisen around the world and in Canada. It's no secret WestJet has a fairly significant cost advantage over Air Canada, so we need to create a vehicle that will be competitive."

Members of the Air Canada Pilots Association protest in front of the company's annual meeting in Calgary in June. JEFF MCINTOSH/THE CANADIAN PRESS

Air Canada's top executives have said the launch of a discount carrier is a top priority, but details about the airline's plans are sparse.

Although Air Canada's offer indicates the low-cost carrier will employ workers from the Air Canada Pilots Association, the union's president says it will be "under drastically different terms of employment."

THE CANADIAN PRESS

Labour strife

- The pilots are one of two major labour groups at Air Canada that have recently been forced to accept the airline's final offer.
- The other union is the International Association of Machinists and Aerospace Workers, which represents repair and ramp crews.

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FOR THOSE OF US WHO MISSED THIS IN KINDERGARTEN

JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

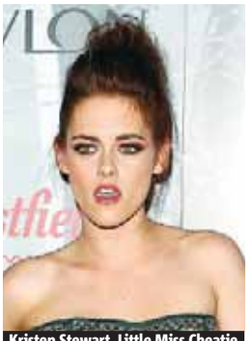
I don't know if I learned everything I needed to know in kindergarten, but there was lots of useful stuff, like waiting until the bathroom break to go pee.

Other stuff I'm still not sure about, like "some think it's candy but it's not," and "cheaters never prosper."

The first one we'll save for another column, but the cheaters line always causes me to go hmm. If that's true, why do so many people cheat?

Never mind the consequences, what's the value of the experience?

This is the question that must be going through the minds of the various cheaters who weren't paying attention in kindergarten. Almost everyone cheats, even though it's a hollow experience. Apparently, it beats the hollow experience of authentic existence. Maybe you have to go to graduate school to learn that one. Existentialism 101.



Kristen Stewart, Little Miss Cheatie. GETTY

Jonah Lehrer, El Cheato. HANDOUT

Kip Litton, the marathon cheater. COURTESY MLIVE

Yet, they still do it. Although anti-doping officials plan to run 6,250 doping tests at the current Summer Olympics, at least nine athletes (so far) thought they could beat the odds and have been caught and sent home, the latest being the proverbial Albanian weightlifter. Don't they have kindergarten in Albania?

Then there's that cheating vampire Kristen Stewart, who thought she could bite the wrong neck despite the fact that she's routinely surveilled by more cameras than a London subway platform.

Or how about Jonah Lehrer, the bright young journalist who resigned from the New Yorker this week after he got caught making up Bob Dylan quotes. "Who's Jonah Lehrer?" tweeted Dylan, who should talk. He stole Ramblin' Jack Eliot's voice. But then Ramblin' Jack was something of a cheat as well. He came across all Ramblin' Jack, folksy and wild-western, when in fact his real name was Elliot Charles Adnopoz and he grew up in Brooklyn.

Did Ramblin' Jack or Bobby ever stand up and say they cheated, that they weren't really itinerant troubadours who learned their art and wisdom on the highway? Uh, no. But making up quotes from an influential singer-songwriter, that's cheating. And if you weren't so busy nose-mining in kindergarten, you would know that.

The Father of All Cheats, a dentist named Kip Litton from Michigan, made up an entire marathon and placed himself first in it. Rosie Ruiz, the famed Boston Marathon cheat, had nothing on this guy. As well as the bogus West Wyoming marathon, Kip has cheated his way into Boston, and despite an exposé in this week's New Yorker (irony alert!) he's still going!

Cheaters never prosper. They also never give up. Didn't learn that in kindergarten, so it must be genetic.

Love the written word? Get lost

GETTY IMAGES

Literary art

Labyrinth of books makes for twisted tunnel

If you are a lover of the written word, you'll be amazed by this labyrinth.

Brazilian artists Marcos Saboya and Gualter Pupo used 250,000 books to create it.

The installation at Britain's Southbank Centre is a part of the London 2012 Festival, a three-month-long cultural event held concurrently with the Olympics.

METRO

Book worm

- **Inspired by a literary great.** Brazilian artist Gualter Pupo said the installation's design is based on the fingerprint of Jorge Luis Borges, one of Latin America's greatest writers. "He was almost a library himself," Pupo joked.
- **Maze's meaning.** Is it a maze or a bibliophile's dream? Pupo said the idea behind this interactive installation is to gaze at the covers and read the books, all to rekindle the power of literature first experienced in childhood. "People have to look at literature and remember how it builds our character and personality," he said. About the concept of a maze, the artist profoundly added: "You need to get lost in order to find your right way."
- **Book sources.** Pupo said that about half of the books were donated by British charity group Oxfam, with the rest provided by numerous book publishers. Pupo, director of non-profit production company Hungry Man, said all the books will be donated back to charity after the exhibition ends on Aug. 26.

In numbers

50

volunteers a day for a three-week period were needed to assemble the 250,000-book-strong labyrinth, which is more than 500 square metres in size.

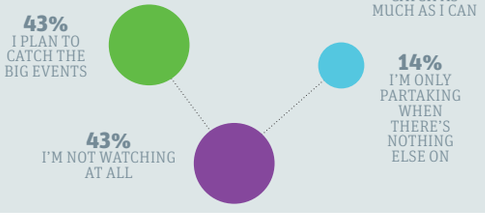
Online

Check out a time-lapse video of the 'booklayers' making the maze at metronews.ca.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How closely are you watching the Olympics?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Twitter

@djmumbles: Damn its pouring here in Toronto and I forgot my Umbrella. Where's Rihanna when I need her? Hope I don't get drenched! #toronto #weather

@MicksGotKicks: the field is going to be soaked #defendersworstnightmare

@SarahMarieCam: Congrats Christine Girard wins bronze in weightlifting! Canadian Women ARE strong!

@benderjack: Women's Gymnastics Team placed 5th in Team Finals! Congrats! Amazing job! #TeamCanada #London2012

@CadiLackhee: Shout out to Milos Raonic, although he lost, he put up a good fight. #TeamCanada

@subha26: Can't believe I missed the epic, Olympic record-breaking match between Raonic and Tsonga today. I blame work.

metro

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TWO WAYS TO WIN WITH SHELL!

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Every road trip offers…

… memories to last a lifetime, but my most memorable was spent touring the Rocky Mountains in Alberta with my family. My parents packed my brother and me, aged 9 and 13, into our family SUV for a two-week trip.

I'm sure there were squabbles along the way, but when I look back I recall wonderful moments. I remember sunny days, stopping for ice cream at viewpoints along the highway, singing along to popular radio hits as we wound through the mountains and countless giggles as we entertained ourselves with silly road trip games like "I Spy".

But by far, the best part of our road trip was an unexpected adventure along the way. On an excursion to Lake Louise we took a wrong turn, and found ourselves driving down a secluded road underneath a canopy of trees, all alone except for an occasional sighting of wildlife. The views were spectacular and no one was in a hurry to return to the highway, so we carried on.

Eventually, the pavement became bumpy gravel. Crawling along at 10km an hour, we finally came to the end of the road – with a magnificent vista in view: sparkling turquoise water encircled by rugged mountains. Rather than reaching our planned destination, we had accidentally discovered Lake Moraine, a pristine glacial lake, far away from the touristy crowds. We sat still and quiet in the car, taking in the breathtaking view and realizing how lucky we were to get lost after all.

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Neil Patrick Harris' Dr. Horrible Sing-Along Blog is being picked up by the CW network. HANDOUT

A look behind the CW curtain

TV critics press tour. The CW announces adding Neil Patrick Harris online hit, and teases other upcoming network projects

AMBER RAY
Metro World News

Dr. Horrible's Sing-Along Blog, Joss Whedon's three-part musical starring Neil Patrick Harris, Nathan Fillion and Felicia Day, officially makes its television debut on Oct. 9 at 9 p.m. on The CW, the network announced at the Television Critics Association press tour in Beverly Hills, Calif., this week.

The Internet hit, about a budding super villain (Harris), was created during the Writers Guild of America strike and first ran online in 2008. Mark Pedowitz, President of The CW, admitted he's a big fan of the musical, and said he proactively touched base with Whedon to get Dr. Horrible on The CW.

"I made the phone call. I said, 'would you like it on television?" Pedowitz told journalists. Pedowitz explained that the series will be re-edited for time constraints, so what viewers will see is "basically what's been online."

As for additional Dr. Horrible stories, Pedowitz is eager to bring any potential new episodes to The CW.

"Hopefully if Joss does another one, we'll get a crack at it," he said.

In other cult hit news, Pedowitz said the network would "love to do" a series based on the bloody, futuristic thriller Battle Royale, a Japanese film released in 2000 with a very Hunger Games-like plot: The government forces high-schoolers to fight to the death.

Though Pedowitz says he is a "big believer" in the show, particularly because of the movie's cult following and its dystopian plot, right now he says an adaptation is "at this point in time only in development.

"Not even in development. Only a phone call."

Regarding fantasy/sci-fi series that are returning to The CW, Pedowitz said the new season of The Vampire Diaries will (spoiler alert!) explore Elena's transition into a vampire.

"Does she follow Stefan's path or Damon's path?"

Considering the series' high body count, Pedowitz confirmed there will be new faces on Season 4.

"There are always new characters," he said. "And those who are dead can return."

Also at press tour, The CW announced that the winner of The Next, a singing competition that travels the nation searching for new talent, will be awarded a contract with Atlantic Records. Premiering Aug. 16 at 9 p.m., the series features mentors Nelly, Gloria Estefan, Joe Jonas and John Rich finding local talent, then bringing the singers to Los Angeles, where they will vie for viewers' votes during live performances.

The CW provided some spoilers about the new season of The Vampire Diaries. HANDOUT

Also announced

The next cycle of America's Next Top Model will be the series' first college edition, featuring 13 model wannabes who are enrolled in universities and trade schools across the country.

- **Season starts.** Also new to the series is a social media correspondent, fashion blogger Bryanboy, who will share comments and video messages from viewers during judging. The season premieres Aug. 24 at 8 p.m.

On the Web

Former American Idol finalist Kimberley Locke wants to judge the popular singing competition

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Sceneopolis

Stratford returning to its roots

JONATHAN NAYMARK
scene@metronews.ca

While Stratford is probably best known these days as the birthplace of the teen heartthrob Justin Bieber but before Bieber Stratford was best known for the Shakespeare Festival.

While some of the marquee plays in this year's line-up have been in previews since April, Stratford's season, this year is its 60th, is now in full force.

For musical lovers, famed Canadian actress Cynthia Dale hits the festival's main stage in their revival of 42nd Street.

The musical within a musical, 42nd Street is based the 1933 book and movie about a dictatorial director who's trying to mount a show during the Great Depression.

Dale plays fading ingénue Dorothy Brock with confidence. In keeping with the festival's Shakespearean pedigree, there is plenty of the Bard on stage.

Quote

The musical within a musical 42nd Street is based the 1933 book and movie about a dictatorial director who's trying to mount a show during the Great Depression.

For comedy fans there is Much Ado About Nothing, a rather light comedy about two pairs of not-so-star-crossed lovers. For more serious lovers of Shakespeare there is Henry V, a dramatic historical account of the life of English King Henry. There is plenty of Shakespeare's wit to go around. Henry V contains one of Shakespeare's most eloquent and memorable soliloquies. From the infamous St. Crispin's Speech: "We few, we happy few, we band of brothers."

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Kate Beckinsale stars in the remake of Total Recall along side Colin Farrell. HANDOUT

Totally Recall-ing questions

New movie. Kate Beckinsale laments being asked the same questions over and over again at junkets

NED EHRBAR
Metro World News

Kate Beckinsale has quite a ferocious presence in the new update on Total Recall, playing a government operative on the hunt for Colin Farrell's rogue agent with memory issues after working undercover as his doting wife. The trick to tapping into such a baddie, she reveals, is to play it like a hero.

Though you play the villain, you've mentioned that your character thinks she's the hero.

The thing is, if you're playing somebody who is mentally ill, you can't play mentally ill. If you play somebody as a villain, you end up twirling your mustache and that kind of thing. I do think people who do things that other people consider bad are feeling like they're doing the right thing. And I think she's also quite distracted by her own sort of emotional situation, which is that she's so highly trained and highly talented, and yet she's given this detail that's actually quite degrading, where you're that highly trained and you're basically pretending to be somebody's wife. There's something kind of humiliating and horrible about that being your job.

I assume it would be maddening, having all that training to be, basically, a housewife.

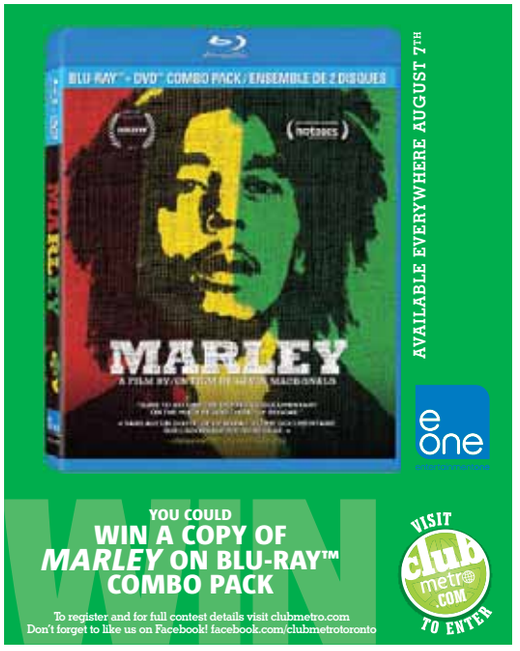
Yeah, and then go and have sex with this person — who is for all intents and purposes a factory worker — and make his dinner for him. It would drive me mad, and I'm not even a highly trained operative. I would hate that.

I've noticed when doing press for your movies, you get a lot of the same questions, particularly about your age.

Were you there when (a reporter) asked me if I fantasize about playing Maggie Smith's parts? That was quite a stunning one. Is she not 87? I came back to my room and said, 'I wonder if Colin was asked does he fantasize about playing Mickey Rooney's parts?' Does that happen? Probably not. I must say, I do find that that's an obsession that seems to be quite rampant in the press, and it doesn't come up in my actual life so much. And then I get quite shocked when I come to press junkets and people are obsessed with it. It's almost like, 'How are you still going around with that wooden leg and the colostomy bag and the false teeth? How's it going?' It just seems so completely mad to me.

It's the other side of being an actress, really — taking these questions over and over, handling them with grace and humour. How do you do that?

I don't know if I think I'm necessarily very good at it because I feel like I'm far too honest most of the time. I keep hearing about these sort of seminars that other actors have done to figure out how to deal with it, and I was never offered it, told about it — it's too late now, anyway. I do think that my instinct is to be open and treat it as if I am genuinely having a conversation, which I don't know is necessarily the right move. I think that's a bit naïve. The only thing I can get upset about is if you do kind of take the time to really consider a question and answer it, it's quite often — if you're not on camera — condensed into something that sounds actually very crass, and then it follows you around forever as if it was a quote that you just sort of walked into the room and said. And oftentimes, those questions that I have the hardest times with are, you know, 'What's your beauty regime?' and 'What face products do you use?' and things that I'm not interested in the least bit and certainly don't want to be going round going on about all the time. It's usually set up as if you've come into a room and gone, 'I must tell you that I do yoga constantly and drink lots of water.'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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

What's his name? Snoop Lion

THE WORD
Monica Weymouth
scene@metronews.ca

We expected that Snoop Dogg would change his name again at some point. The rapper — who was born Calvin Cordozar Broadus, Jr., christened himself Snoop Doggy Dogg, then dropped the Doggy — was at least one reincarnation behind Diddy.

What we didn't expect was that we'd be calling him Snoop Lion. The new name comes after a trip to Jamaica, where he visited with Rastafarian priests.

"I want to bury Snoop Dogg, and become Snoop Lion," Snoop revealed at a news conference in New York. "I didn't know that until I went to the temple, where the High Priest asked me what my name was, and I said, 'Snoop Dogg.' And he looked me in my eyes and said, 'No more. You are the light; you are the lion.' From that moment on, it's like I had started to understand why I was there."

Since when did Snoop start to sound like your too-touchy yoga teacher? That's a question for another day. For today, we ask you this: What is Justin Bieber's spirit animal?

Lindsay Lohan
Spirit animal: Capuchin monkey.
Because no other animal is known to both chain smoke and steal.

Justin Bieber
Spirit animal: Chipmunk.
The high voice, the admirable scrappiness, the built-in racing stripes: Chipmunk DNA is one diamond earring removed from Bieber's building blocks.

Taylor Swift
Spirit animal: Gazelle.
So graceful, so delicate, so innocent. And yet, we'd be really afraid to fall in her pen.

Tom Cruise
Spirit animal: Cockatoo.
Perfectly coiffed and dead behind the eyes, both of these unnerving creatures have learned to speak gibberish while mimicking humans.

Holmes doing 'really great' since divorce, source says

It's been a month since Katie Holmes filed for divorce from Tom Cruise, and apparently the lifestyle change is working out for her. "She's doing really great. She's so strong, she's an independent girl with her own ideas. She is fine," a source close to Holmes tells Us Weekly. Holmes has also reportedly been spending more time with 6-year-old daughter Suri. "She wants to really become a parent and start teaching

Katie Holmes

her strong discipline," another source says, explaining that Holmes realized the young girl had become "very demanding and bratty."

Whole crew to strip down for Lohan topless scene

Lindsay Lohan will apparently go topless on camera, but there are some interesting conditions.

According to TMZ, before stripping down for a steamy sex scene in her latest project, the Canyons, Lohan insisted the crew do the same, leading to the scene being filmed by about 10 men in their underwear.

Wearing even less, though, was Lohan's co-star, adult film actor James

Lindsay Lohan

Deen, who likely didn't take much issue with removing his clothes.

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Pablo Picasso (Spanish, 1881–1973), *Portrait de Dora Maar (Portrait of Dora Maar)*, 1937. Oil on canvas, 92 x 65 cm.
Pablo Picasso gift-in-lieu, 1979, MP158. Musée National Picasso, Paris. © Picasso Estate SODRAC (2012). © RMN/Jean-Gilles Berizzi.

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Summer is the peak time for Canadian families to go on vacation, but let's face it; the cost of hotels, food and fun can blow your budget. With only a handful of weeks left before the kids go back to school, here's five suggestions for cheap day getaways in Canada.

MAE GIFFORD
travel@metronews.ca

5 cheap summer activities

1

Ride around Stanley Park in Vancouver

Estimated cost: $125-150 for a family of four to rent bikes for half a day

A popular pastime for locals and tourists, renting bikes and sailing around the park's stunning seawall never gets old because you discover something new every time. The park is full of famous landmarks so create a fun (and free!) scavenger hunt by searching for each one.

2

Raft down Calgary's Bow River

Estimated cost: $10 to $55 for four to six people

Most Calgarians agree there's no better way to spend a hot summer day than drifting along the Bow River. This activity is free if you already own or can borrow a raft but the cost to rent a six-person floater is $55. Bring some drinks and snacks and you're laughing. Don't forget sunscreen and life jackets.

3

Soak up the sun on Grand Beach, Manitoba

Estimated cost: $10-$50 for a family of four

Nestled on the eastern shore of Lake Winnipeg, Grand Beach features three kilometres of beautiful white sand. Located within a provincial park, there's a lot of affordable activities to do including hiking, bird watching and camping. Pack a picnic lunch and enjoy it while relaxing on a beach blanket.

4

Take a deep breath on Toronto's islands

Estimated cost: $21-$200 for a family of four, includes ferry and cost of amusement park

Quiet, tranquility and arguably the city's best skyline view can be found on Toronto's islands. Just a quick ferry ride away, Centre Island, Hanlan's Point and Ward's Island provide relief from city life and promote relaxation. Centreville Amusement Park is a popular destination for families because of its 30 rides and attractions. Save $5 by buying an all-day park pass for four online.

5

Paint a picture in Peggys Cove, Nova Scotia

Estimated cost: Free to $30 for art supplies

One of the most recognizable lighthouses in the world, a trip to this eastern province isn't complete without a stop at Peggys Cove. Make your next trip there meaningful by getting each person to draw or paint their interpretation of the famous red and white lighthouse. It will be an experience and piece of art that you'll treasure forever.

3 LIFE

On the web

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‘I wanted them to know how it was’: Steinbeck Center not just for scholars

California. Museum in Salinas celebrates the life and work of one of America’s greatest writers

The Steinbeck House, where John Steinbeck grew up, is now a restaurant and is located near the Steinbeck Center. JOSEPH FRAZIER/THE ASSOCIATED PRESS

They were the stuff of another America: Tom Joad in The Grapes of Wrath. George and Lenny in Of Mice and Men. Lee Chong, Doc and the delightfully larcenous Mack and the bums in Cannery Row. Danny and Pilon in Tortilla Flat. Adam and Cal Trask in East of Eden.

Whether you met these classic characters while reading the novels of John Steinbeck or you’re encountering them for the first time, they come to life at the National Steinbeck Center, a sprawling and modernistic museum and study centre in Old Town Salinas, Calif. It is the largest museum dedicated to a single American writer.

The Nobel- and Pulitzer Prize-winning author, who grew up in Salinas, wrote about many things: migrant workers, labour “agitators,” the Second World War, the Mexican Revolution, New England, Russia, even Vietnam. But his most endearing and enduring works centred on the people and places he knew best, from the coast and farmland of the Salinas Valley between San Francisco and Los Angeles.

The centre opened in 1998 as a library and research facility and place to store and display Steinbeck memorabilia. While Steinbeck scholars can meet here for discussions, its 30,000 annual visitors also include ordinary fans and other visitors curious about his work and life. The area around Salinas is scenic and popular among tourists, with Monterey County wineries, the Pacific Coast and other attractions nearby. Big Sur, which has connections to literary figures like Henry Miller, Jack Kerouac and poet Robinson Jeffers among others, is 80 kilometres away.

Even those who don’t know much about Steinbeck’s work will come away from a visit to the centre with a sense of his life and times. Curators have blended the work of artists, photographers and historians to bring back the atmosphere of the places he described, set mostly between the World Wars.

Steinbeck said he initially wrote East of Eden for his sons because “I wanted them to know how it was, I wanted to tell them directly.” His work and the Steinbeck Center have kept that world alive for others as well.

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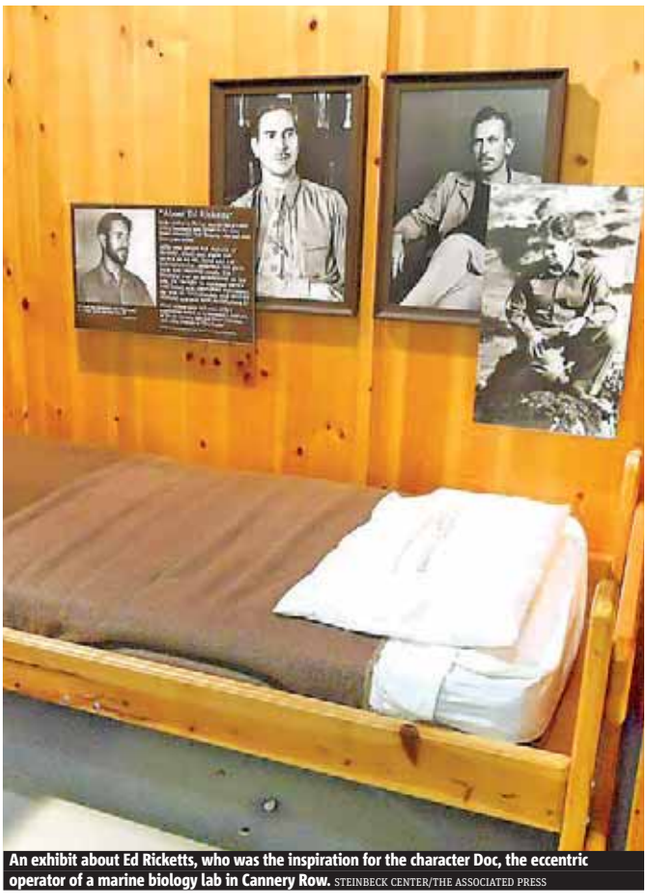
An exhibit about Lee Chong, the grocer from Steinbeck's novel Cannery Row. STEINBECK CENTER/THE ASSOCIATED PRESS



An exhibit about Ed Ricketts, who was the inspiration for the character Doc, the eccentric operator of a marine biology lab in Cannery Row. STEINBECK CENTER/THE ASSOCIATED PRESS

If you go...

- **National Steinbeck Center.** 1 Main St., Old Town Salinas, Calif.; steinbeck.org. Open daily, 10 a.m.-5 p.m. Adults, $14.95; children 13-17, $7.95 and 6-12, $5.95. Allow a half-day.
- **The Steinbeck House Restaurant.** 132 Central Ave., Salinas; steinbeckhouse.com or 831-424-2735. Lunch served Tuesday-Saturday, 11:30 a.m.-2 p.m., most of the year. The restaurant is located in Steinbeck's boyhood home. Tours offered Aug. 5 and Sept. 2 at noon, 1 p.m. and 2 p.m.; suggested donation, $10.
- **Getting there.** The Steinbeck Center is 27 kilometres east of Monterey, about 97 kilometres south of San Jose and about 170 kilometres south of San Francisco.
- **Around town.** Many of the buildings in old photos in the museum remain standing in the adjacent Old Town, and are easily recognized.

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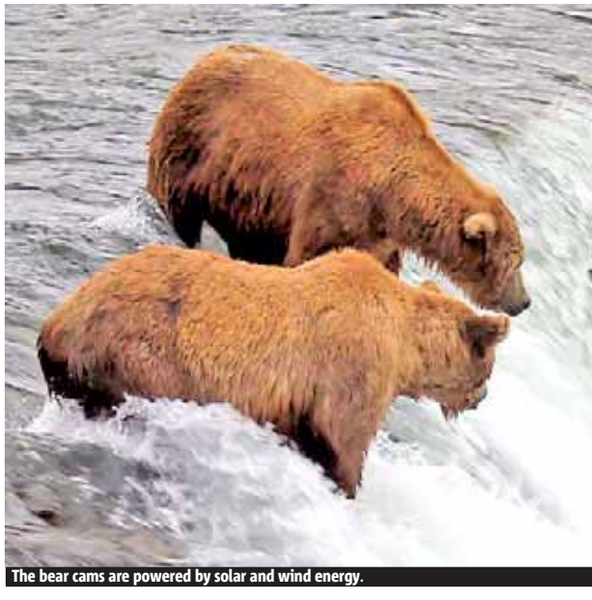
Take a virtual trip to where the brown bears roam

Live streaming 'show'. Alaska's Katmai National Park partners with a website to bring a few of the wonders of nature to people's computers, smartphones and tablets

Smile, the Katmai brown bears are on camera! PHOTOS: THE ASSOCIATED PRESS



The bear cams are powered by solar and wind energy.

A new video initiative is bringing the famed brown bears of Alaska's Katmai National Park directly to your computer or smartphone.

Without having to go there, you'll be able to watch mature bears compete for salmon at Brook Falls and other sites and cubs tumbling over each other as they play. Starting last week, a live Web stream (is.gd/bfPAs8) is allowing the public to log on and see the brown bears in their natural habitat.

"I think it's an unparalleled opportunity for people to get that front row seat of the lives of the bears at Brooks Camp," said Roy Wood, chief of interpretation for Katmai National Park and Preserve.

The project is a partnership with explore.org, which set up four high-definition cameras in Katmai, spokesman Jason Damata said. Three of them are at existing viewing stands where bear fans come to watch the animals.

The cameras provide access to a national park that is difficult to reach and expensive for most tourists. It is about 442 kilometres southwest of Anchorage, but no roads lead to Katmai.

A trip there involves multiple airplanes and a lot of advanced planning: it's hard to get a lodge reservation at Brooks Camp before 2014. Camping is allowed, but on a reservation system that goes online Jan. 5.

"It takes a lot of time, a lot of effort and a lot of money, and the webcams will make it accessible to anyone with access to a computer, a smartphone, a tablet device," Wood said.

The park draws just under 10,000 visitors a year, but about 2,200 bears live in Katmai National Park. About 100 of them are in the Brooks Camp area.

One camera is at Brooks Falls, where the bigger male bears compete for salmon, some while the fish are trying to jump the falls. The bears eat mostly the brains and eggs of these fish and let the carcasses flow downstream. This is the prime viewing area now.

The second camera is about 150 yards away, where females and cubs eat the fish scraps floating downstream. The third is at the lower falls, where bears will congregate later this summer when dead salmon float downstream after spawning. "Any bear can catch them when they're dead," Wood said.

"The placement of the cams is fantastic," Wood added. "I mean, they'll be close enough, many of the bears you'll be able to identity and follow as they eat the salmon at Brooks Falls and raise their young here."

The cameras are powered by solar and wind energy. Microwave signals are sent to the Dumpling Mountain camera, which are then sent to King Sal-

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reak from the workday? Watch the bears catch fish.

mon, Alaska, where a T1 connection allows for the high-definition cameras to be broadcast to the Internet.

The best action of the four cameras will be broadcast.

They are the latest addition to a list of live-streaming webcams in the Pearls of the Planet initiative for explore.org, underwritten by the Annenberg Foundation.

The subjects of other webcams include osprey off the coast of Maine, and polar bears in the Arctic and Scandinavia; locations such as the California redwood trees and in institutions like the Vancouver Aquarium, where cameras are directed on belugas and jelly fish. A camera in Brookeville, Md., is focused on a golden retriever and her new litter.

The pups will be raised and trained to be service dogs for military members suffering from post-traumatic stress disorder.

"The mission is simple. We simply want people to fall in love with the world again," said Charles Annenberg, creator of explore.org and vice-president of the Annenberg Foundation.

A previous attempt to set up live bear cams from Katmai with a museum in Homer, Alaska, failed due to lack of funding.

"It's very expensive to run streaming video, more expensive than we could handle with our partnership with the Pratt Museum because both of us don't have a good revenue stream," Wood said.

He said it was a "great, fortunate day for us that explore.org called and said they were interested."

Annenberg, who also goes by the name Charles Annenberg Weingarten, said the intent of the bear cam and others provided by the organization is to make adults fall in love with the world again.

"I think when you watch these brown bears, and the salmon going upstream and you see the beauty of this nature, I think it's going to put a smile on your face and a sense of bewilderment and awe you felt a long time ago when we were all kids," he said.

He said when people view the live stream, he hopes they realize what they are seeing is pure — there's no ulterior motive other than an experience to reconnect with nature. The cost of the project wasn't disclosed, but explore.org will absorb the full costs. No advertising will be sold.

THE ASSOCIATED PRESS

Exclusively online

metronews.ca

- **Bear cam.** explore.org/#!/live-cams/player/brown-bear-salmon-cam-brooks-falls
- **Explore.** explore.org
- **Katmai National Park and Preserve.** nps.gov/katm/index.htm

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6 must-not-miss eats in Chicago

PHOTOS AND TEXT: THERESA ALBERT
travel@metronews.ca

You make it all the way to the Windy City and you don't want to stumble through 10 oily, bready deep dish pizzas in one long weekend. You want someone to give you the shortcut to finding the best meals and atmosphere to understand this perfect triad of a town — art, architecture and eats.

Here's your cheat sheet. (All prices are for two.)

Local diner breakfast

Tempo Cafe (6 Chestnut St.)

Near the John Hancock observatory is a cozy diner that you wouldn't find unless a local led you there. For $10, you can have an omelette that will feed three (no kidding). It comes in a skillet, on a pile of freshly grated potato hash browns with toast and homemade marmalade. Try the apple and cheddar, not too cheesy, lots of apple chunks. Freshly pressed juices are a nice surprise. $20

Famous lunch

Frontera Grill (445 North Clark St.) rickbayless.com/restaurants/grill.html

Rick Bayless is America's restaurateur and Frontera Grill is his Mexican eatery that is packed all afternoon. Its funky artwork and bustling crowd gobble up the house specialty, ceviche. The mole trio will get you an overview of real Mexican tastes and the fresh margaritas will make sure you need a siesta. $60-$75 with drinks

Rooftop cocktails

Trump Tower (401 N Wabash St.) trumphotelcollection.com/chicago/rooftop-restaurants-chicago.php

Chicago is a city best seen from above the ground, so find a patio to rest, recharge and take in the scene. Trump tower has a river view from the 16th floor and serves up freezie pops of booze along with neat, sweet treats like mini Nutella ice cream cones. $30

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More rooftop cocktails...

Tavern Treehouse (130 E Randolph St.) tavernatthepark.com.

Tavern Treehouse overlooks the Millennium Park and is where Chicago's business beasts boast about their latest score and sip artisanal cocktails/nibble delicious snacks like mini prime rib sandwiches with five-cheese fondue, caramelized onions and jus. $50

For more fancy fare...

Girl and the Goat (809 W Randolph St.) girlandthegoat.com

Top Chef winner, Stephanie Izard, creates the most fascinating small-plates- style meal.

Book well in advance or stumble in and hope for a table at the bar — or better yet, at the harvest table on the patio. The menu changes often, but hope that the wood fired roasted chicken with yuzu harissa or the roasted pig face is still on it. Pick one of the three house-made breads each with their own spreads and the ham frites.
$150 with lots of wine

Don't leave without the dinner

Aria Bar and Sushi Club (Aria- Fairmont Millennium Park, 200 North Columbus Dr.) ariachicago.com/aria-bar

During the heat of summer or for a mid-winter snuggle, you want a dark, contemporary, sexy corner to nestle in and a beautiful, light, creative pan-Asian meal.

After eating, take a stroll through Millennium Park a check out Cloud Gate, a three-story sculpture affectionately referred to as The Bean.

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Dramatic cliffs on Scotland's Isle of Skye overlook the Little Minch, the body of water separating the island and the Outer Hebrides. MIKE FUHRMANN/THE CANADIAN PRESS

The Quiraing region features a spectacular vista on the Isle of Skye's northernmost Trotternish peninsula. MIKE FUHRMANN/THE CANADIAN PRESS

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Circus Circus — incl $145 base + $309 taxes & fees
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Departs Sep 9/swg/wg.

Washington DC Air + 3 Nights $499
Courtyard Washington DC Capital — incl $377 base + $122 taxes & fees
INCLUDES downtown accom. Departs Aug 15/ggv/ua.
UPGRADE to 4-star Madison Hotel for $9 per night.
ADD Mt Vernon and Arlington cemetery tour for $73.

Boston Air + 3 Nights $522
Courtyard Boston Tremont — incl $395 base + $127 taxes & fees
INCLUDES central accom. Departs Sep 3, 4, 7/ggv/ua.
UPGRADE to 4-star Courtyard Boston Tremont for $34 per night. ADD 3-day economy car rental with unlimited mileage for $55 per day.

New York Labour Day Weekend Air + 3 Nights 4-Star $648
New York Marriott Downtown — incl $539 base + $109 taxes & fees
INCLUDES Manhattan accom. Departs Aug 31/ggv/aa.
UPGRADE to 5-star Jumeirah Essex House for $54 per night. ADD Empire State Building entry for $21.

Honolulu Air + 7 Nights $1036
Aqua Waikiki Pearl — incl $869 base + $167 taxes & fees
INCLUDES accom near Waikiki beach.
Departs Sep 11/wsv/ws.

Canada

Kingston Bluesfest, 3 Nights $295
Radisson Waterfront — taxes & fees included
INCLUDES accom near festivities. Travel Aug 23/ggv.
ADD island cruise for $60.

Huntsville Family Special
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Best Western Plus Muskoka Inn — taxes & fees included
INCLUDES accom near Hidden Valley and Algonquin Provincial Park. Price per person based on family of 4. Travel Aug 13, 20, 27/ggv. UPGRADE to 4-star Deerhurst Resort for $23 per night.

Quebec City Family Special
3 Nights $115◊
Hotel Champlain — taxes & fees included
INCLUDES accom near the Citadel. Price per person based on family of 4. Travel Aug 13, 20, 27/ggv.
UPGRADE to 4-star Delta for $22 per night.
ADD 3-day economy car rental with unlimited mileage for $14 per day. BOOK this package based on double occupancy for $237.

St Andrews by the Sea 2 Nights $199
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Birds of prey, tourists flock to Isle of Skye

Scotland's west coast. Massive birds and weird rock formations on Skye, the largest of the inner islands

Stopping his boat in choppy water off the face of a cliff on the Isle of Skye, the skipper reached into a box and pulled out a dead hake. This he began to wave over his head.

"Here she comes," he yelled a moment later, as a sea eagle — apparently female and bigger than its male nestmate — soared from the cliff toward us.

The skipper heaved the fish overboard, but not before injecting air into its belly with a hypodermic to ensure it would float.

The enormous yellow-beaked bird swooped down, zigzagging through a series of hairpin turns, snatched the fish in its talons without getting so much as a feather wet and flew back to its nest a couple hundred metres away to enjoy lunch.

It all seemed a bit like feeding time at the zoo. Not true, said the skipper, a short man in a black tuque who, when asked for his name, replied: "They call me Squirrel."

"They're wild birds, not pets. It's not a zoo," he said hotly, adding that success was not guaranteed.

If the birds have recently eaten, "they don't want to see me," Squirrel said.

Big birds, big moorlands and weirdly big rock formations are among the attractions on Skye, the largest of the inner islands off Scotland's west coast and one of its most popular tourist destinations.

Tour boats leave from the town of Portree, where pretty pink, blue and yellow houses line the harbour, to view Britain's largest birds of prey. Known as "flying barn doors" because of their 2 1/2-metre wing spans, sea eagles (also called white-tailed eagles) have been reintroduced from Norway after being exterminated in the U.K. as lamb-eating pests a century ago.

"We've now got 57 breeding pairs in Scotland, and 12 of them are on Skye," said Chris Tyler of the Royal Society for the Protection of Birds at an exhibition outside Portree describing the eagle reintroduction project.

Single-track roads cut through Skye's treeless terrain where sheep graze everywhere. Some of the views from a car window are so expansive, across wide-open landscapes to distant hills, that the sheep appear as tiny specks of white. It's only when you get closer that you notice the specks each have four feet.

"There are basking sharks, minke whales and dolphins in the summertime," said sheep farmer Linda Jackson, standing in the crafts shop on her property and describing what she sees nearby, in the area of the Neist lighthouse at Skye's most westerly point.

"I've got two resident golden eagles and peregrine falcons. You name it bird-wise, we've got the lot."

On the northern Trotternish peninsula, a walking path traverses the lunar-like Quiraing region. On one side there's a high ridge that slopes down to the sea. Straight ahead is a rocky outcrop that leans precariously, seemingly on the verge of crashing down upon you. In the distance, islands and the mountains of the Scottish mainland complete the breathtaking vista.

To the south of the Quiraing, high on a ridge reached by an arduous one-hour hike, stands the Old Man of Storr, a massive natural pillar that defies credibility, even — or perhaps especially — from up close. The pinnacle is visible, somewhat phallically, from many kilometres away.

Climbers come to the island for the jagged peaks of the Cuillin Hills, and casual hikers explore trails through rock-strewn terrain near the base of the slopes.

"We're walkers, not climbers," said 72-year-old Brian Drury of Northamptonshire, England, after completing a four-hour hike in May with his wife Janet, 66, into the snow-capped Cuillins from the coast.

"It's very dramatic up there, it's wild, all ice-broken rock under the big peaks," he said, pointing with one of his walking poles to a plateau several kilometres away, barely visible in the mist shrouding the mountainside.

THE CANADIAN PRESS

The colourful buildings lining the harbour in Portree, the largest town on the Isle of Skye, include restaurants serving local seafood. MIKE FUHRMANN/THE CANADIAN PRESS

If you go

- **Getting there.** A bridge has connected Skye to the mainland since 1995, but getting to the island is more enjoyable via the ferries that still operate from Mallaig (30 minutes) or Kylerhea (five minutes).
- **Base in Portree.** The winding road from Armadale in the south to Skye's northern tip is about 100 kilometres long. Portree, about two-thirds of the way up the island, can serve as a base to explore much of Skye.
- **Accommodation.** Portree has numerous accommodations ranging from B&Bs to quality hotels, as well as several good seafood restaurants. Places to stay elsewhere on the island include pubs, inns, cottages and campgrounds. A good source of info can be found at skye.co.uk.

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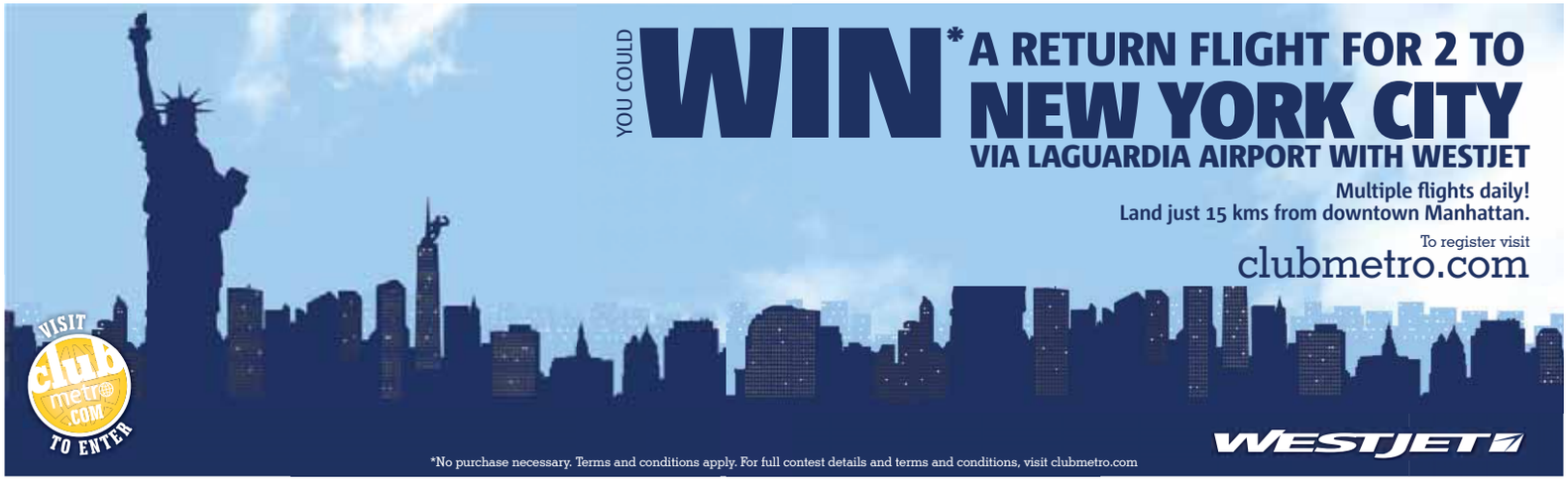
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The scenery is stunning in the Okanagan Valley. ORLANDK/FLICKR

Words of advice from Jay Onrait: Watch out for the Ogopogo!

My favourite place in Canada. SportsCentre host waxes nostalgic about the Okanagan

I remember growing up in Alberta, the best part of the entire year was when my family would make the drive through the Rocky Mountains all the way to the Okanagan in the interior of B.C.

We would usually spend one week in Penticton and one week in Kelowna and now every time I return to that area it makes me feel like a kid again. Penticton hasn't changed much. It's just a beautiful little resort city with Okanagan Lake on one border and Skaha Lake to the south.

Okanagan Lake beach is probably more well-known but I'm partial to Skaha because that's where we went. These days we are always sure to ride the river channel from Okanagan Lake to Skaha Lake, all the way through the city on inflatable tire tubes.

We also make sure to stop at the massive used bookstore in the middle of downtown Penticton, a musty-smelling treasure trove that always has something I want to read. Kelowna is a bigger city, but no less charming. I like Gyro Beach there because that's where the locals go and I love to stroll around downtown and check out a movie at the old Paramount Theatre, which I hope they never ever close down.

I also enjoy checking out the Kelowna Rockets WHL Hockey Team when I visit during the winter. Not to mention the fact that the winter also means Big White and Silver Star Ski resorts are only just an hour away. In between the two cities there's Peachland and Summerland and about a hundred great wineries where you can stop and sample some wine and enjoy a great lunch during the warm months.

The area has turned into a real wine country and you could really spend all your time just savouring what the valley has to offer from the vines. My parents, sister, her husband and their kids all live in Kelowna now so I visit about twice a year and I also love it. The Okanagan will probably always be my favourite place to visit in this great country. Just remember my warning: If you decide to go swimming in Okanagan Lake, watch out for (the lake's monster), Ogopogo!

CATCH JAY ONRAIT HOSTING THE EVENING EDITION OF TSN'S SPORTSCENTRE FROM LONDON DURING THE 2012 OLYMPIC GAMES. WHEN ONRAIT RETURNS FROM ENGLAND, HE'LL EMBARK ON TSN'S KRAFT CELEBRATION TOUR FROM AUGUST 17 TO 26, AS SPORTSCENTRE IS BROADCAST LIVE FROM VARIOUS CANADIAN COMMUNITIES.

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Diner en Blanc, or Dinner in White, is a series of outdoor epicurean feasts organized entirely via social media. Everyone who gathers at the location — revealed at the last minute — is garbed head to toe in white and totes their food. When the event is over, attendees depart, leaving the site as it was upon arrival.

The impromptu flash mob event was created in Paris in 1988 by Francois Pasquier, with the goal of sharing a delicious meal with friends and respecting public spaces, along with a touch of elegance and secrecy.

His son, Aymeric Pasquier, who hails from Montreal, and Sandy Safi now run the worldwide event out of that city.

Quebec City holds its second Diner en Blanc on Aug. 16, the same day as Montreal's third outing, while events are being held for the first time in Toronto on Aug. 9 and Vancouver on Aug. 30.

THE CANADIAN PRESS

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Uniquely Indian spices and sweet honey take apple cake to next level

A delicious blend of Indian spices plus apples and honey make this a great cake for snacking or dessert. It's perfect to enjoy with a glass of ice tea on any summer weekend or bring along to a family get-together.

1. Line a 2-litre (9-inch) square baking pan with foil, allowing 5-cm (2-inch) overhang on 2 sides of pan; grease foil.

2. In a bowl, whisk together flour, ground almonds, baking powder, baking soda, cardamom, cinnamon, nutmeg, cloves and salt.

3. In a large bowl, beat egg with brown sugar until thick and creamy. Combine milk, oil and honey; add to egg mixture. Stir in flour mixture. Fold in apples; spread in prepared pan. Bake in a 180 C (350 F) oven for 35 to 40 minutes or until cake tester comes out clean.

4. Honey Almond Glaze: In a small saucepan, bring honey, apple juice and cardamom to a boil; reduce heat and simmer for about 5 minutes or until slightly thickened, stirring occasionally.

5. Place cake on wire rack and gently poke several holes in cake with fork. Carefully pour warm glaze over cake. Sprinkle with toasted almonds. Let cool for about 10 minutes, then lift cake out of pan using foil "handles." Serve warm or at room temperature.

FOODLAND ONTARIO/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Apple Honey Cake with Honey Almond Glaze

This recipe serves nine. THE CANADIAN PRESS H/O

Ingredients

- 325 ml (1 1/3 cups) all-purpose flour
- 150 ml (2/3 cup) ground almonds
- 2 ml (1/2 tsp) each baking powder and baking soda
- 4 ml (3/4 tsp) ground cardamom
- 2 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) ground nutmeg
- 1 ml (1/4 tsp) each ground cloves and salt
- 1 egg
- 125 ml (1/2 cup) packed brown sugar
- 50 ml (1/4 cup) each milk and vegetable oil
- 50 ml (1/4 cup) liquid honey
- 2 medium apples, peeled, cored and chopped

Honey Almond Glaze

- 125 ml (1/2 cup) liquid honey
- 30 ml (2 tbsp) apple juice or water
- 0.5 ml (1/8 tsp) ground cardamom
- 50 ml (1/4 cup) toasted sliced almonds

Drink of the Week

The Southside of Morocco Smoothie

- 3 strawberries
- 2 oz (30 ml) pomegranate juice
- 5 mint leaves
- 3/4 oz (20 ml) fresh lime juice
- 3/4 oz (20 ml) agave syrup (1:1 ratio with water)
- 1 slice fresh ginger
- 1 pinch cayenne pepper
- 1 - 2 tbsp (5 - 10 ml) almond butter

Add each ingredient to a blender or food processor and mix until well blended. Serve in a glass, with or without ice, and garnish with a mint sprig. For a slushy texture, blend ingredients with ice or substitute with frozen strawberries.

THE ASSOCIATED PRESS/ ALMONDBOARD.COM

Honey-Glazed Chicken Chopsticks. This combination is perfect for the grill

1. Heat grill to medium-high. Soak 8 wooden chopsticks in water.

2. In a medium saucepan, heat 30 ml (2 tbsp) of the oil over high heat. Add onion and cook until soft, about 2 minutes. Add apple juice and thyme, bring to a boil and cook for 15 to 20 minutes, stirring occasionally, until sauce is thickened and reduced to about 125 ml (1/2 cup).

3. Strain mix into bowl and whisk in honey and soy sauce. Let cool to room temperature.

4. Brush chicken cubes on all sides with remaining canola oil and season with salt. Cut a slit into chicken pieces and insert chopsticks. Skewer all chicken onto 8 chopsticks. Grill until edges begin to brown and chicken is just cooked through, about 8 minutes. Begin brushing with glaze halfway through grilling. Remove to a platter, drizzle with remaining apple honey syrup and season to taste with salt.

THE CANADIAN PRESS/THE ONTARIO TABLE BY LYNN OGRYZLO

Ingredients

- 60 ml (4 tbsp) canola oil, divided
- 1 small red onion, coarsely chopped
- 1 l (4 cups) apple juice
- 4 sprigs fresh thyme
- 50 ml (1/4 cup) light liquid honey
- 15 ml (1 tbsp) soy sauce
- 4 boneless, skinless chicken breasts, cut into 2.5-cm (1-inch) chunks
- Salt, to taste

This recipe serves four . THE CANADIAN PRESS H/O

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Hand over that job

Shine with a shake.
Prepare your palms for any meet-and-greet

ELIAS DA SILVA-POWELL
TalentEgg.ca

Starting your first entry-level or early career job will likely involve a small but significant action: the handshake.

Between networking, conferences, interviews and social events, you'll do a lot of handshaking in your life. U.S. president Theodore Roosevelt once shook more than 8,000 hands in a single day.

While you probably won't go quite that far, it's important to make sure you've got the basics in hand.

When your hands need a hand

Take a minute and really look at your hands.

Hands – the body's most versatile tool – often get neglected because they're in the middle of everything.

You may be advertising your hobbies without knowing it, in the form of paint, dirt or rough, calloused skin.

High-pressure situations can also create problems, as some people are prone to sweating when nervous. At the other end of the spectrum, cold weather can result in dry, cracked skin, which is not only painful, but unpleasant to look at.

Don't forget about your fingernails. Short, worried-looking nails suggest nail-biting (which a prospective employer may interpret as a lack of discipline), while unattended talons present a real risk of injury.

Perfect your pleasant palms

A soak in warm soapy water followed by a scrub with a nail brush will resolve most problems with dirt and grime. Wear gloves when working with your hands. Some retail stores carry a liquid solution which helps keep your hands stain-free.

Manage sweaty palms with over-the-counter products which will help your hands stay cool and dry. (At networking functions, be sure to hold your drink in your left hand.)

If you're prone to dry skin, find a non-greasy moisturizer that keeps your skin supple.

As a bare minimum, ensure your nails are trimmed and tidy.

This sort of care and attention helps avoid unpleasant surprises for someone joining you in a hand-clasp – surprises which might turn the friendliest individual off.

Don't be shook by the shake

Everyone dreams of the perfect "deal closer" handshake — the handshake that tells others, "I'm reliable, serious and here to get things done."

While you might think this means an iron grip and a wide smile, handshake protocol varies widely around the world. Different cultures have different conventions relating to bodily contact, handshake pressure and duration, eye contact, and when to shake hands.

RECENT QUEEN'S UNIVERSITY ENGLISH LANGUAGE AND LITERATURE GRADUATE ELIAS DA SILVA-POWELL IS A SUMMER MARKETING AND EDITORIAL INTERN AT TALENTEGG.CA WHO IS RETURNING TO QUEEN'S THIS FALL TO COMPLETE A MASTER'S DEGREE IN ENGLISH.
TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Get a grip!

Handshake technique

- Employ a one-handed shake. Throwing both hands into the mix is overly intimate.
- Make sure your fingers are together and that your palm connects with the other person's palm squarely.
- Don't shake anyone's hand without standing up. Ever. If you can't be bothered to stand, you don't need to shake hands.
- With that in mind, don't refuse to shake someone's hand when they're sitting.

Networking know-how.
An etiquette lesson in making connections

How do you make connections and find a job? It's not just what you know. It's who you know.

Networking is the process of making contact and exchanging information with other people. It involves building relationships and creating a personal set of contacts that may be able to help you in some way.

Networking is attentively and consciously meeting people, being interested in them, remembering who they are and what they do, and exchanging information with them over time.

Networking can be used in many ways in your job search and throughout your career. No matter who you contact, etiquette is important in building and maintaining relationships.

• Be well prepared. Be able to articulate as much as you know about what you are looking for in your career, job search, etc.

• Always be professional, courteous, and considerate.

• Be interested in the people you meet. Most people enjoy the chance to tell you about their own careers and activities.

• Be genuine. Possess a sincere desire to learn. Be honest in asking for advice. If you are only interested in asking for a job, it will show, no matter how you disguise it.

• Be gracious. Write a thank you letter when people take time to meet with you.

• Stay in touch. Update people in your network when you make significant progress in your research or job search.

• Give back. Know enough about the people you meet to keep their needs in mind as you continue to network. You may be able to pass on ideas, articles, and contacts that will interest them.

• Use good judgment about the amount of time you request when you contact people. Do not overstay your welcome, and do not "return to the well" too many times.

CLARE TATTERSALL IS THE MANAGER OF CAREER DEVELOPMENT AND COMMUNITY BASED LEARNING AT HURON UNIVERSITY COLLEGE AT WESTERN UNIVERSITY IN LONDON, ONT.
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Twitter

@TalentEgg
What's one piece of job hunting etiquette advice that you always follow?

@jessMvee
Be professional in an interview, but let your personality show too! It's what they'll remember most.

@Alison_L_Pearce
Make sure your #references KNOW they're your references!

@kloosch
I always remember to use my manners & remember to be patient when waiting for an employer response.

@IraKates
Research the position you are applying for! I get so many inquiries when I post an #SEM job that do not even bother to research

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Student Voice

My degrees are my experience, so hire me already!

Adelle Farrelly,
Graduate, Bachelor of Arts in English Literature McGill University, Graduate Master of Arts in Medieval Studies University of Toronto
TalentEgg.ca

I always knew in the back of my mind that an academic career was a slim possibility, but I foolishly thought that the skills I would gain from a bachelor's degree, never mind a master's, would give me the flexibility and work ethic that would make me attractive to potential employers.

I was set on applying to PhD programs when the combination of a death in the family and financial struggles gave me pause — that could wait, I thought, until I had worked for a few years in the real world, paid off my student loans, and established what great question I would like to tackle. More grad school is still a possibility down the line, but that dream of real-world work experience is fading fast.

In some ways I have done everything wrong: two arts degrees, student loans, no real internships to speak of, no connections, no networking, just retail experience and a knack for Latin. Even with a reduced course load, I never had the time others seemed to have for unpaid internships and student groups as I was busy working a retail job.

I was one of the first people in my family to go to university and I had no relatives or family friends able to give me advice or connections. I don't want to make too many excuses, because there are people who start with far less and go much further, but those were the risks and limitations I perceived.

By all conventional wisdom, a degree should mean something. Yet when I finished my MA I found myself working at a certain well-known coffee chain surrounded by fellow students and recent graduates, all of us looking for that "real job" and confused about our fate.

One truly great thing came out of this experience: I realized that what I want to do, what I really want to do, is write.

Where I am now

So, what am I doing now to improve my situation? Reading. Writing. Applying for everything in sight, whether I'm "qualified" or not. Networking socially. Blogging. Translating Latin in my spare time. Quite frankly, writing this. All I need, I keep saying, is just one opportunity with someone willing to show me the ropes.

My recommendations for students

Students! You, there, who wants to be a professor! I am proud of you and know you know your stuff, but remember: if for whatever reason that path doesn't work out, don't assume that you can just "get a job in publishing or something." If that really is your secondary career choice, start putting at least a little effort into that starting now, or you'll end up in my position.

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Mobile sports

Two finals, two gold. And all anybody wants to know about Chinese teen swimming sensation Ye Shiwen is whether she's doping. Ye, 16, has never failed a drug test, and Olympic organizers spent much of the day defending her, saying the suspicions were "crazy" and motivated by jealousy. Scan the code for the story.

Toronto FC players celebrate a goal against Colorado on July 18 at BMO Field. ABELIMAGES/GETTY IMAGES FILE

Toronto FC's hopes rest at home: Mariner

MLS. Coach says club must control its Champions League destiny with victories at BMO Field

Paul Mariner isn't about to understate the importance of Toronto FC's game against El Salvador's Club Deportivo Aguila on Wednesday to open CONCACAF Champions League play.

With only one club from each three-team group advancing and two tough road games ahead, the coach says getting maximum points at BMO Field is crucial.

"We've got to win the home games," Mariner said this week. "They're all difficult games away from home, but we have to take care of this one."

Toronto is languishing at the bottom of the standings in Major League Soccer with a 5-12-4 record, but has seen a resurgence of sorts under Mariner, who is 4-3-4 since taking over from Aron Winter.

The team has switched formations to a more direct 4-4-2 from Winter's Dutch-influenced attack and has seen better results.

"It's a question of us imposing our power and our system on the opposition," said Mariner, whose team lost 2-0 at home to Houston over the weekend. "We won't change our style (on Wednesday)."

Games against Central American opponents can sometimes degenerate into shenanigans away from the ball, but the Englishman adds that his players will be ready.

"You can't get involved in that sort of stuff. You've just got to hope that referee is strong and that the referee can see through some of the antics and not get wrapped up in it," Mariner said. "The players have been around the block. They know what to expect."

The MLS playoffs might be an unrealistic goal at this point for Toronto FC, but with another crucial league game on tap over the weekend, every match is being viewed as a must win.

"We've got to look at all our games as cup finals," Mariner said. "Every single game is of vital importance to myself and the players — we just want to give a good account of ourselves."

THE CANADIAN PRESS

He's a keeper

Toronto FC announced the signing of goalkeeper Freddy Hall on Tuesday after a three-week trial with the club.

- "Freddy brings depth to our goalkeeping position and has many qualities that we like to see at this position," coach Paul Mariner said in a release.

Freddy Hall with League Two's North Hampton Town in January. GETTY IMAGES FILE

NHL

Alfie not done in Ottawa just yet

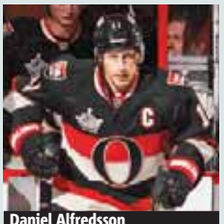
Ottawa Senators captain Daniel Alfredsson isn't ready to call it quits just yet.

The 39-year-old forward announced Tuesday he will return to play out the final year of his four-year contract with the NHL club.

Alfredsson said he needed to test himself in rigorous off-season training to see if his body could withstand another NHL campaign before deciding whether to return. The result was positive.

"I've had the motivation of playing from the beginning, but I had to go through the process," the right-winger said on a conference call from Sweden.

THE CANADIAN PRESS



Daniel Alfredsson GETTY IMAGES FILE

CFL

Burris named offensive player of the week

Another week, another CFL offensive player of the week award for Henry Burris.

The Hamilton Tiger-Cats quarterback secured the honour for a second straight week after throwing four TD passes to rally his team to a 35-34 road win over the Saskatchewan Roughriders. Burris becomes the first player to win consecutive weekly awards since Winnipeg slotback Milt Stegall in 2006.

THE CANADIAN PRESS

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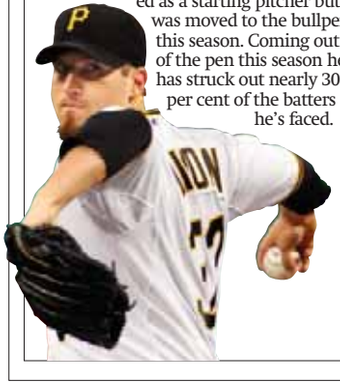
What exactly did Jays get for Snider, Thames?

Late Monday night, the Blue Jays dealt outfielders Travis Snider and Eric Thames in separate trades to the Pittsburgh Pirates and Seattle Mariners for relief pitchers Brad Lincoln and Steve Delabar. Here's a closer look at the two newest Jays:

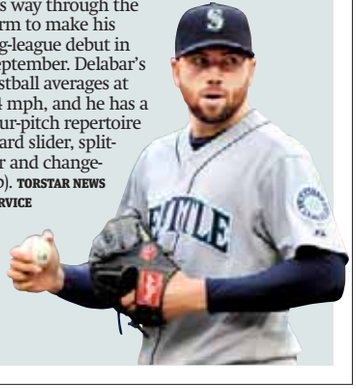
1 Brad Lincoln, right-hander

Age: 27
Size: 6'0", 210 lbs.
Born: Lake Jackson, Texas.
Contract: Under team control until 2018, arbitration eligible in 2015, roughly league minimum of $480,000 until then.
This year: 4-2, 2.73 ERA, 1.096 WHIP, 9.1 K/9, 2.1 BB/9 in 28 games, including five starts.
Fast facts: Lincoln was part of the same first-round draft class as Travis Snider, taken fourth overall by the Pirates, 10 spots ahead of Snider and one place ahead of Brandon Morrow. He was drafted as a starting pitcher but was moved to the bullpen this season. Coming out of the pen this season he has struck out nearly 30 per cent of the batters he's faced.



2 Steve Delabar, right-hander

Age: 29
Size: 6'5", 220 lbs.
Born: Fort Knox, Kentucky.
Contract: Under team control until 2018, arbitration eligible in 2015, roughly league minimum of $480,000 until then.
This year: 4.17 ERA, 0.927 WHIP, 11.3 K/9, 2.7 BB/9. 2.2 HR/9 in 36 2/3 innings, all as a reliever
Fast facts: Drafted by the Padres in the 29th round in 2003, Delabar kicked around the minors until 2009 when he suffered a horrifying elbow fracture on the mound. In 2011, he signed with Seattle and worked his way through the farm to make his big-league debut in September. Delabar's fastball averages at 94 mph, and he has a four-pitch repertoire (hard slider, splitter and change-up). TORSTAR NEWS SERVICE



All talk and no action for Jays at trade deadline

MLB. Toronto deals outfielders Snider and Thames for hurlers Lincoln and Delabar the night before cutoff

There were no last-minute deals by Alex Anthopoulos at baseball's non-waiver trade deadline.

The Toronto Blue Jays GM said he had plenty of discussions leading up to the 4 p.m. ET deadline Tuesday, but never was really close to finalizing a deal.

"We thought we were moving towards something late last night ... it carried over into the morning and ended up falling apart," Anthopoulos said during a conference call. "That's just the way trade talks go, you have 1,000 conversations to hopefully get one deal done.

Jays general manager Alex Anthopoulos. TORSTAR NEWS SERVICE FILE

"We had a lot of active dialogue, we had a lot of things going on but I don't know if we were ever that close to getting anything done."

Toronto did make a move prior to the deadline, recalling outfielder Moises Sierra from Triple-A Las Vegas and optioning left-hander Evan Crawford and right-hander Joel Carreno to the Pacific Coast League club.

Anthopoulos made two deals late Monday night, acquiring relievers Brad Lincoln and Steve Delabar. Toronto sent outfielder Travis Snider to Pittsburgh for right-hander Lincoln while outfielder Eric Thames, who was in Las Vegas, went to Seattle for Delabar, another right-hander.

Anthopoulos feels the two trades will not only help Toronto now but also in the future.

"We added two big-league players to our bullpen so I think we've improved our club," he said. "I don't think there's any doubt about that right now." THE CANADIAN PRESS

Canada lifts, dives and fights its way to 3 bronze on Day 4

Bronze medalist Christine Girard reacts during the women's 63 kg weightlifting final at son Tuesday. ROB CARR/GETTY IMAGES

Bronze medalists Roseline Filion, left, and Meaghan Benfeito dive Tuesday in the women's synchronized 10-metre platform final at the Aquatics Centre in Olympic Park. JAE C. HONG/THE ASSOCIATED PRESS

Canadian medal roundup. Canuck athletes have captured four bronze medals at London 2012 Olympics

It was a multi-medal day for Canada at the London Olympics.

Antoine Valois-Fortier won a bronze in men's judo less than 30 minutes after the diving team of Roseline Filion and Meaghan Benfeito captured a bronze in the 10-metre synchronized event.

About an hour later, weightlifter Christine Girard captured bronze in the women's 63-kilogram class.

Canada now has four total medals after Tuesday's action, all bronze.

Valois-Fortier, a 22-year-old from Quebec City, defeated American Travis Stevens 1-0 in the bronze medal bout of the men's 81-kilogram judo event.

"It feels amazing. I've sacrificed so much and all of the fights today were very hard," Valois-Fortier said. "It was tough mentally but the whole team supported me and I managed to pull myself together. I wanted it really bad, it's what I work for every day."

Filion, from Laval, Que., and Benfeito, from Montreal, finished with a combined score of 337.62 for their diving bronze.

"We said there was nothing more we could have done," Filion said.

China continued to dominate the competition, with Chen Ruolin and Wang Hao winning the gold.

"They can make mistakes," added Benfeito. "We try to say we can win the gold. But they're amazing divers."

Paola Espinosa Sanchez and Alejandra Orozco Loza of Mexico took the silver.

Girard, who grew up in Rouyn-Noranda, Que., and lives in White Rock, B.C., completed the hat trick an hour later to become the first Canadian woman to ever win a weightlifting medal at a Games.

She finished third with a total weight of 236 kilograms.

"It is very hard to describe how I feel," Girard said. "Four years ago in Beijing I came fourth and since then I have spent the past four years training through injuries and various changes in my life to get to this moment."

Maiya Maneza of Kazakhstan won gold, while Svetlana Tsarukaeva of Russia captured silver.

The medals come two days after Emilie Heymans and Jennifer Abel gave Canada its first of the Games with a third-place finish in the women's three-metre synchro.

THE CANADIAN PRESS

Quoted

"We had to dive our hearts out. We were ready"

Roseline Filion and her diving partner Meaghan Benfeito, captured a bronze in 10-metre synchronized diving event.

Antoine Valois-Fortier, right reacts after defeating Travis Stevens of the United States in the men's 81-kilogram judo event Tuesday. QUINN ROONEY/GETTY IMAGES

Games in pictures

1 Foil. Lei takes fencing gold

China's Lei Sheng won the men's individual foil gold medal on Tuesday, while Egypt's Alaaeldin Abouelkassem took silver, the first Olympic medal ever claimed by a fencer from Africa.

THE ASSOCIATED PRESS

2 Skulls. Canuck paddlers bow out

Lightweight Canadian double sculls team Doug Vandor of Dewittville, Que., and Morgan Jarvis of Clearwater Bay, Ont., finished fourth in repechage and didn't advance to the semi-finals. THE CANADIAN PRESS

3 Basketball. U.S. cruise to another victory

Carmelo Anthony and Kevin Love scored 16 points apiece and Kevin Durant added 13 as the U.S. men's basketball team beat Tunisia 110-63.

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Phelps swims his way into the record books with relay win

Michael Phelps celebrates winning gold in the men's 4 x 200m freestyle relay final Tuesday at the Aquatics Centre in Olympic Park. EZRA SHAW/GETTY IMAGES

Swimming. U.S. swimmer becomes most-decorated Olympic athlete with 19th medal

Michael Phelps lingered on the blocks, not wanting to make another shocking blunder. The 19th medal was his. All he had to do was avoid a disqualification, then set off on what amounted to four victory laps.

Down and back, then down and back again, the roars getting louder with each stroke.

When Phelps touched the wall, he finally had gold at his final Olympics.

And a record for the ages.

Phelps swam into history with a lot of help from his friends, taking down the last major record that wasn't his alone. He took the anchor leg for the United States in a gold medal-winning performance of the 4x200-meter freestyle relay Tuesday night, earning the 19th Olympic medal of his brilliant career, and the 15th gold.

A more appropriate colour.

"I've put my mind to doing something that nobody had ever done before," Phelps said. "This has been an amazing ride."

About an hour earlier, Phelps took one of his most frustrating defeats at the pool, blowing it at the finish and settling for silver in his signature event, the 200 butterfly.

That tied the record for career medals held by Soviet gymnast Larisa Latynina, but it was hardly a triumphant moment. Phelps slung away his cap in disgust and struggled to force a smile at the medal ceremony.

But any disappointment from that race was gone by the time he dived in the water on the relay, having been staked to a huge lead by teammates Ryan Lochte, Conor Dwyer and Ricky Berens.

"I thanked those guys for helping me get to this moment," Phelps said. "I told those guys I wanted a big lead. I was like, 'You better give me a big lead going into the last lap,' and they gave it to me. I just wanted to hold on. I thanked them for being able to allow me to have this moment."

THE ASSOCIATED PRESS

Career medals

Phelps now has 15 gold, two silver and two bronze medals.

Raonic's Gold quest 'slips away' in marathon final set

Jo-Wilfried Tsonga, left, talks with Milos Raonic after Tsonga won their match at Wimbledon on Tuesday. MARK HUMPHREY/THE CANADIAN PRESS

Thornhill's Milos Raonic and France's Jo-Wilfried Tsonga fully expected their match at the London Games to be a battle.

It turned out to be that and much more.

After a monster three-hour final set, Tsonga finally delivered the knockout blow by breaking Raonic's serve to secure a 6-3, 3-6, 25-23 victory and a spot in the third round.

Tsonga and Raonic opened play at the All England Club just after noon local time. They left Court 1 nearly seven hours later to deafening applause with their place in the Olympic record books secure.

"I felt like I played really well for most of the match and I just let it slip away from me at the end," Raonic said.

After splitting the first two sets, the players were on serve early in the decider when rain suspended play for almost three hours. When they returned to the court, neither player could find a hole in the other's service game.

Down 23-24 and needing to hold serve to stay in the match, Raonic fell into a big hole by dropping the first three points.

The Canadian saved the first of three match balls with a service winner. But at 15-40, he lunged to retrieve a drop shot and barely got enough of his racket on it to get it back over the net.

Tsonga was in position and smashed the return into the open court to seal the win.

"At the end I was just very happy for my country," Tsonga said. "I did it for them and that's it." THE CANADIAN PRESS

Longest match

- The 48-game third set was by far the longest in Olympic history. The match also had the most number of games - 66 - in a best-of-three contest at a Games.
- The previous Olympic record in men's singles was 30 games in 2004 when Fernando Gonzalez defeated Taylor Dent in the third set, 16-14, to win the bronze medal.

Gymnastics

Americans rout the competition

The Americans lived up to their considerable hype Tuesday, routing Russia and everybody else on the way to their first Olympic women's team gymnastics title since 1996.

Their score of 183.596 was a whopping five points ahead of Russia, and they were so far ahead that their last event, floor exercise, was more like a coronation. Romania won the bronze, while Canada finished fifth.

The Americans had come into the last two Olympics as world champions, only to leave without a gold. But this team was the strongest, top to bottom, the United States ever had. THE ASSOCIATED PRESS

Kyla Ross of the U.S. bites the gold medal after the gymnastics women's team final on Tuesday. GETTY IMAGES

Tennis

Wozniak falls to Venus Williams

Canadian tennis player Aleksandra Wozniak was eliminated from women's singles play at the London Games on Tuesday after dropping a 6-1, 6-3 decision to Venus Williams. THE CANADIAN PRESS

Tennis

Nestor, Pospisil out in doubles

Toronto's Daniel Nestor and Vancouver's Vasek Pospisil fell in second-round action to the third-seeded Serbian duo of Janko Tipsarevic and Nenad Zimonjic 6-4, 5-7, 11-9 in men's doubles on Tuesday. THE CANADIAN PRESS

Swimming

"It ... means a lot to Aurora to know that Missy cares." **Aurora, Colo. Mayor Steve Hogan** on U.S. gold and bronze medalist Missy Franklin, 17, who dedicated her races to her home state following a mass shooting at a movie theatre. Aurora is celebrating her triumphs at the London Olympics.

Canada through on Tancredi's two

Canadian forward Melissa Tancredi celebrates her second-half goal against Sweden at Newcastle on Monday. Tancredi scored her third and fourth goals of the tournament as the seventh-ranked Canadians rebounded from a 2-0 deficit to tie the Swedes 2-2 and book their spot in the next round. Canada will play Britain in the quarter-finals.

FRANK GUNN/THE CANADIAN PRESS

Wednesday' 3 to watch

Men's cycling time trial

After having to do without team support in the Olympic road race, Canadian cyclist Ryder Hesjedal gets a more even playing field in Wednesday's individual time trial.
Time: 9:15 a.m.
Channel: Sportsnet

Men's 100-m final

Brent Hayden will try to reverse Canada's fortunes in the pool when he competes in the men's 100-metre freestyle final. The Mission, B.C., native finished fourth in his semifinal heat on Tuesday with a time of 48.21 seconds to advance.
Time: 2:30 p.m.
Channel: CTV

Men's diving

Three-metre synchronized, featuring three-time world champion and two-time Olympic medal-winning Canadian Alexandre Despatie and his partner Reuben Ross.
Time: 10 a.m.
Channel: CTV

THE CANADIAN PRESS

Saudi Arabia's Wojdan Ali Seraj Abdulrahim Shahrkhani at the opening ceremony Friday.

THE CANADIAN PRESS FILE

Judo

Headscarf allowed for Saudi fighter

A female judo fighter from Saudi Arabia will be allowed to compete in the Olympics wearing a form of headscarf after a compromise was reached that respects the "cultural sensitivity" of the Muslim kingdom.

Judo officials had previously said they would not let Wojdan Ali Seraj Abdulrahim Shahrkhani compete in a headscarf because it was against the principles of the sport and raised safety concerns.

An agreement was reached after several days of IOC-brokered talks between the International Judo Federation and the Saudi Olympic Committee that clears the way for her to compete Friday in the heavyweight division.

THE CANADIAN PRESS

Day 4 results

MEDAL STANDINGS

53 of 302 total medal events

Nation	G	S	B	Tot
China	13	6	4	23
United States	9	8	6	23
France	4	3	4	11
South Korea	3	2	3	8
North Korea	3	0	1	4
Kazakhstan	3	0	0	3
Italy	2	4	2	8
Germany	2	3	1	6
Russia	2	2	4	8
South Africa	2	0	0	2
Japan	1	4	8	13
Australia	1	3	2	6
Romania	1	2	2	5
Brazil	1	1	1	3
Hungary	1	1	1	3
Netherlands	1	1	0	2
Ukraine	1	0	2	3
Georgia	1	0	0	1
Lithuania	1	0	0	1
Slovenia	1	0	0	1
Britain	0	2	2	4
Colombia	0	2	0	2
Mexico	0	2	0	2
Indonesia	0	1	1	2
Cuba	0	1	0	1
Denmark	0	1	0	1
Egypt	0	1	0	1
Poland	0	1	0	1
Sweden	0	1	0	1
Taiwan	0	1	0	1
Also				
Canada	**0**	**0**	**4**	**4**

WHAT CANADA DID

Tuesday at the 2012 London Olympics

BADMINTON

Women's doubles — Alex Bruce, Toronto, and Michele Li, Toronto, lost 21-8, 21-10, to Valeria Sorokina and Nina Vislova, of Russia, in Group A action.
Mixed doubles — Toby Ng, Vancouver, and Grace Gao, Calgary, lost 21-13, 21-16, Robert Mateusiak and Nadiezda Zieba, of Poland in Group B action.

JUDO

Men's 81-kg — Antoine Valois-Fortier, Quebec City, defeated Euan Burton, of Britain, in Ippon, Kata-guruma, in 1:45, in the round of 32. He defeated Srdjan Mrvaljevic, of Montenegro, in Waza-Ari, Tai-otoshi, in 5:00 in the round of 16. Valois-Fortier lost to Ivan Nifontov, of Russia, in Waza-Ari, Harai-goshi, in 5:00 in the quarter-finals. Valois-Fortier defeated Travis Stevens, of the U.S., for the bronze medal in Yuko, Te-Guruma of Repechage, in 5:00.

SWIMMING

Men's 4x200 freestyle relay — Canada finished seventh in its qualifying heat in 7:15.22 and failed to advance (Blake Worsley, Vancouver, 25.55; Colin Russell, Toronto, 2:13.01; Tobias Oriwol, Toronto, 4:01.79 and Alec Page, Victoria, 5:51.78).
Men's 100 freestyle — Brent Hayden, Mission, B.C, finished third in his qualifying heat in 48.53 and advanced. He finished fourth in his semifinal heat in 48.21 and advanced. Hayden finished sixth in his final heat in 48.21 and advanced to the 100m freestyle final.
Men's 200 breaststroke — Scott Dickens, Burlington, Ont., finished first in his qualifying heat in 2:10.95 and advanced. He finished eighth in his semifinal heat in 2:11.71 and failed to advance.
Women's 200 butterfly — Audrey Lacroix, Pont-Rouge, Que., finished sixth in her qualifying heat in 2:09.25 and advanced. Katerine Savard, Cap-Rouge, Que., finished seventh in her qualifying heat in 2:11.05 and failed to advance. Lacroix finished seventh in her semifinal heat in 2:08.00 and failed to advance.

ROWING

Men's double sculls — Michael Braithwaite, Duncan, B.C., and Kevin Kowalyk, Winnipeg, finished sixth in their semifinal heat in 6:38.94 and advanced to the final.
Men's lightweight double sculls — Douglas Vandor, Dewittville, Que., and Morgan Jarvis, Clearwater Bay, Ont., finished fourth in their repechage qualifying heat in 6:36.03 and advanced to the next heat.
Women's lightweight double sculls — Lindsay Jennerich, Victoria, and Patricia Obee, Victoria, finished second in their repechage qualifying heat in 7:15.37 and advanced to the next heat.

SAILING

Men's finn — Greg Douglas, Toronto, is in 15th place after the sixth race (75).
Men's star — Richard Clarke, Salt Spring Island, B.C., and Tyler Bjorn, Beaconsfield, Que., are in 13th place after the sixth race (50).
Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in 11th place after the fourth race (41).
Men's laser — David Wright, Toronto, is in 18th place after the fourth race (73).
Women's windsurfer — Nikola Girke, West Vancouver, B.C., is in ninth place after the second race (20).
Women's laser radial — Danielle Dube, Glen Haven, N.S., is in 25th place after the fourth race (96).

TENNIS

Men's singles — Milos Raonic, Thornhill, Ont., lost to Jo-Wilfried Tsonga, of France, in the second round, 6-3, 3-6, 25-23.
Men's doubles — Daniel Nestor, Toronto, and Vasek Pospisil, Vancouver, lost to Janko Tipsarevic and Nenad Zimonjic, of Serbia, in the second round, 6-4, 6-7 (5), 11-9.
Women's singles — Aleksandra Wozniak, Blainville, Que., lost to Venus Williams, of the U.S., 6-1, 6-3.

FENCING

Men's individual foil — Etienne Lalonde Turbide, Verdun, Que., lost to Alexander Massialas, of the U.S., 15-6, in the round of 32.

DIVING

Women's synchronized 10-m platform — Meaghan Benfeito, Montreal, and Roseline Filion, Laval, Que., won the bronze medal with a score of 337.62.

WEIGHTLIFTING

Women's 63-kg — Christine Girard, White Rock, B.C., won the bronze medal with a top weight of 236 kilograms.

GYMNASTICS

Women's team final — Elsabeth Black, Halifax; Victoria Moors, Cambridge, Ont.; Dominique Pegg, Sarnia, Ont.; Brittany Rogers, Coquitlam, B.C. and Kristina Vaculik, Whitby, Ont., finished fifth with a score of 170.804.

SOCCER

WOMEN

FIRST ROUND

GROUP E

	GP	W	D	L	GF	GA	Pts
Britain	3	2	0	0	5	0	9
Brazil	3	2	0	1	6	1	6
New Zealand	3	1	0	2	3	3	3
Cameroon	3	0	0	2	1	11	0

Tuesday, July 31
At Wembley, England
Britain 1, Brazil 0
At Coventry, England
New Zealand 3, Cameroon 1

GROUP F

	GP	W	D	L	GF	GA	Pts
Sweden	3	1	2	0	6	3	5
Japan	3	1	2	0	2	1	5
Canada	**3**	**1**	**1**	**1**	**6**	**4**	**4**
South Africa	3	0	1	2	1	7	1

Tuesday, July 31
At Cardiff, Wales
South Africa 0, Japan 0
At Newcastle, England
Sweden 2, **Canada 2**

GROUP G

	GP	W	D	L	GF	GA	Pts
United States	3	3	0	0	8	2	9
France	3	2	0	1	8	4	6
North Korea	3	1	0	2	2	6	3
Colombia	3	0	0	3	0	6	0

Tuesday, July 31
At Manchester, England
United States 1, North Korea 0
At Newcastle, England
France 1, Colombia 0

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Non-Ford owners can enter by making an original 10-20 word (or less) submission on "what they like about Ford" with their full name, full mailing address, email, daytime phone number (with area code) to Marissa Richards, Pareto Corp., 1 Concorde Gate, Suite 200, Toronto, ON, M3C 3N6. Contest closes at 11:59pm (ET) on the last day of the 2012 Ford Employee Pricing Campaign which will be no earlier than August 31, 2012. Limit of 1 entry per person up to 5 pieces of mail. Skilled answer determines winner. Odds of winning depend on the number of eligible entries received. Prize: 1 of 5 2012 Ford Escape SE 2.0L I-4 FWD (approx. value $28,000 CAD). Total prize value $140,000 CAD. Taxes are the responsibility of the winner. Winners will be announced on or about October 31, 2012. Contest open to residents of Canada (excluding Quebec). Void where prohibited. Skill contest. 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Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ©2012 Ford Motor Company of Canada, Limited. All rights reserved. Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. © 2012 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. † Ford Employee Pricing ("Employee Pricing") is available from June 14, 2012 to August 31, 2012 (the "Program Period"), on the purchase or lease of most new 2012/2013 Ford vehicles (excluding all chassis cab and cutaway body models, F-150 Raptor, Medium Trucks, Mustang Boss 302, and 2013 Shelby GT500). Employee Pricing refers to A-Plan pricing ordinarily available to Ford of Canada employees (excluding any CAW-negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. This offer can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Employee Pricing is not combinable with CPA, GPC, CPP, Daily Rental Allowance and AX/ZD/F-Plan programs. ‡ No purchase necessary. For full contest rules, eligible vehicle criteria, and to enter as a Ford owner, visit www.ford.ca/shareourpridecontest (follow the entry path applicable to you, complete all mandatory fields and click on Submit). Open only to residents of Canada who have reached the age of majority, possess a valid graduated level provincially issued driver's license, and are owners of Ford branded vehicles (excluding fleet customers and all Lincoln and Mercury models). Eligible vehicle criteria includes requirement that it be properly registered in Canada in the contest entrant's name (matching vehicle ownership), and properly registered, plated and insured. Non-Ford owners can enter by making an original 10-20 word (or less) submission on "what they like about Ford" with their full name, full mailing address, email, daytime phone number (with area code) to Marissa Richards, Pareto Corp., 1 Concorde Gate, Suite 200, Toronto, ON, M3C 3N6. Contest closes at 11:59pm (ET) on the last day of the 2012 Ford Employee Pricing Campaign which will be no earlier than August 31, 2012. Limit of 1 entry per person up to 5 pieces of mail. Skilled answer determines winner. Odds of winning depend on the number of eligible entries received. Prize: 1 of 5 2012 Ford Escape SE 2.0L I-4 FWD (approx. value $28,000 CAD). Total prize value $140,000 CAD. Taxes are the responsibility of the winner. Winners will be announced on or about October 31, 2012. 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Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ©2012 Ford Motor Company of Canada, Limited. All rights reserved. Delivery Allowances are not combinable with any fleet consumer incentives. Employee Pricing is not combinable with CPA, GPC, CPP, Daily Rental Allowance and AX/ZD/F-Plan programs. ** Until August 31, 2012, receive 0%/0.99%/2.99% APR purchase financing on new 2012 Focus (excluding S and Electric) and Fiesta (excluding S) models for a maximum of 60/72/84 months to qualified retail customers, on approved credit (OAC) from Ford Credit (not all buyers will qualify for the lowest APR payment). Example, purchase finance a vehicle with a value of $18,000 at 0%/0.99%/2.99% APR for 60/72/84 months with a down payment of $0 or equivalent trade-in, monthly payment is $300/$257.60/$237.76, interest cost of borrowing is $0/$547.20/$1,971.84 or APR of 0%/0.99%/2.99% and total to be repaid is $18,000/$18,547.20/$19,971.84. 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SiriusXM

Available in most new Ford vehicles with 6-month pre-paid subscription

This is not your regular Jeep

ALL PHOTOS WHEELBASE

A blacked-out lower panel houses a pair of four-inch-diameter exhaust tips.

Fuel Saver Technology

To ease the SRT8's 91-octane habit, the 6.4 comes with Fuel Saver Technology that powers down half of the eight cylinders when operating under light or no-load conditions. It doesn't help too much in city driving where consumption is rated at 17.1 l/100 km, but that number drops to 11.4 on the highway.

Base content

All SRT8s arrive contented to a reasonably complete degree, with climate control, heated and cooled leather seats for both rows, heated steering wheel and 20-inch wheels fitted with foot-wide Pirelli all-season performance tires.

Engine

Hauling anything with the SRT8 should be a breeze, owing to its 6.4-litre Hemi V8 generating 470 horsepower and 465 pound-feet of torque. That's up 50 horses and 45 pound-feet from the previous 6.1-litre SRT8. Jeep says that the 6.4 can propel the 2,340-kilogram Grand Cherokee to 60 m.p.h. (96 km/h) from rest in 4.8 seconds.

2012 Jeep GC SRT8

- **Type.** Four-door, four-wheel-drive sport utility vehicle.
- **Engine (hp):** 6.4-litre OHV V8 (470).
- **Mileage:** L/100 km (city/hwy) 17.1/11.4.
- **Base Price (incl. destination):** $59,000.

Review. Trust Jeep to build yet another vehicle no one else can

MALCOLM GUNN
Wheelbase Media

Acceleration, cornering force on asphalt and stopping distance generally have nothing to do — at all — with the Jeep brand. In fact, the Grand Cherokee SRT8 is about as un-Jeep-y as it gets.

But here it is, a combination that's unique among North American-based sport utility vehicles and a rare achievement for any such model from anywhere at just about any price.

Knobby tires, big ground clearance and exposed door hinges? Nope, but the SRT8 is a Jeep that you just have to love.

The initials refer to Chrysler's Street and Racing Technology division and the Grand Cherokee is one of four such designated models with the others being the Chrysler 300 and Dodge Charger sedans plus the Dodge Challenger SRT8 392. Later this year, the Viper coupe returns as the first SRT-nameplated model (the Dodge handle has been dropped).

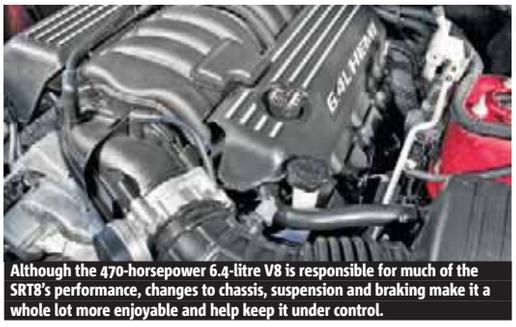
You're forgiven if you assumed the ride was over for the Grand Cherokee SRT8 when it passed into history following the 2010 model year.

With its big-power V8 and taut suspension, the Jeep delivered Cheetah-like launches along with snappy passing prowess, regardless of weather or road conditions. However, at a cost of thousands more than a more-off-road-capable base Laredo V6 or Limited V8, that could have easily sealed the SRT8's fate.

Well, apparently there remains enough potential buyers with outrageous transportation leanings to prod Jeep into bringing the SRT8 back on line.

Only this time there's more passenger space, luxury features and power, all wrapped up in a sinfully slick wrapper.

The SRT8 falls into the usual trap of adding silver trim — lots of it — which makes the otherwise classy interior seem a bit derivative.



Although the 470-horsepower 6.4-litre V8 is responsible for much of the SRT8's performance, changes to chassis, suspension and braking make it a whole lot more enjoyable and help keep it under control.

By comparison

1 Mercedes-Benz ML AMG
Base price: $100,000

2 BMW X5 M
Base price: $100,500

3 Porsche Cayenne S
Base price: $75,500

5 DRIVE

On the Web

Scan code for more car reviews and news

Last-gen GS owners enjoyed supreme luxury

Second Gear.
2006 to 2012
Lexus GS

JUSTIN PRITCHARD
drive@metronews.ca

The last-generation Lexus GS offered up a healthy dose of reliable performance, owner satisfaction, and luxury to rival premium-sedan competition from Europe and the U.S.

Available from 2006 to 2012, it offered up numerous configurations and options to fine-tune it to a variety of needs and tastes. Look for navigation, a Mark Levinson stereo system, climate controlled leather seats, a sunroof, push-button start, xenon lights, Bluetooth and plenty more — depending on the model in question.

TORSTAR NEWS SERVICE

Common Issues

First, ensure all cabin electronics work as expected — triple checking proper operation of the climate control, navigation, stereo and motorized seats. These components will be expensive to repair or replace if they fail.

Check the condition of the factory tires, and listen for any brake 'squeal' as you stop. A major complaint of the GS is squeaky brakes — which could be the result of improper pads or excessive brake dust. Having the brakes serviced is likely to fix this problem.

Note that a faulty oil line on earlier models with the 3.5-litre engine could lead to oil 'starvation' at startup, resulting in a loud, clattering 'metal on metal' noise from within the engine. Ensure the GS you're test-driving is cold and hasn't been warmed up ahead of your arrival to conceal this sound. Your local Lexus dealer will be familiar with diagnosing and addressing this issue.

Engine

Six or eight cylinder power was available, with between 245 and 324 horsepower on tap, depending on the engine. All Wheel Drive (AWD) was available too.

What Owners Like

Posh cabin appointments, overall comfort, performance, styling and a long list of gadgets are all enjoyed by Lexus GS owners. A smooth, quiet ride and high-quality, solid feel round out the package.

What Owners Dislike

Road noise, premature tire wear, dashboard rattles and some unintuitive controls are among the most common complaints.

Verdict

A GS that checks out electronically and mechanically should provide a supremely luxurious and dependable motoring experience. Count on paying a premium in the used market compared to some competitors.

Cash-saving realities for aspiring vehicle tuners

Tuning a favourite set of wheels is a pastime, or even a lifestyle, for thousands of young Canadians.

Using performance products to enhance that truck, wagon or sport-compact can be very rewarding — or a total waste of the aspiring tuner's hard-earned cash — depending on the level of knowledge at hand.

Your writer was an aspiring tuner not so long ago. Like most, I've wasted a pile of cash on stuff that offered little return on my investment. Over the years, I learned from building, racing, lapping and fixing my ride, and others, about several realities that could've saved me money along the way.

Here's a closer look.

High octane gas
If your car requires 87 octane and you feed it pricier 91 or 94 octane hoping for some performance benefit, you're wasting about 15 cents a litre. Higher octane fuel has no additional energy in it — so it won't make your stock Honda Civic or Subaru Impreza a spec more powerful, even with an intake or exhaust. Unless you're driving a high-performance car that's factory-engineered to run high-test fuel, save your money.

Brake upgrades
Slotted and cross-drilled brake rotors or 'track' brake pads are designed to maintain consistent stopping performance when exposed to the high levels of heat generated by driving on a racetrack. Driving on the street doesn't generate these levels of heat. So, on a car driven exclusively on the road, fancy brake parts are more of a cosmetic upgrade. Some 'track pads' offer limited performance until they're hot — meaning that on the street, your stopping power could suffer if you use them.

Expensive synthetic oil
Synthetic oil offers protection designed for high-performance, track-going Porsches, Ferraris and Lamborghinis. Even if you often redline first and second gear on the street, your engine won't generate enough sustained heat to break down conventional oil — let alone synthetic. So it typically amounts to overkill for the majority of drivers. There are other benefits of synthetic oil though, so do your homework and make sure you're not wasting your money.

+15 horsepower
As a general rule, avoid chips, modules, spark-plugs or pour-in-tank products sold at department stores and auto centres that say things like "+15 horsepower" on the package. These are typically bogus and targeted towards a shopper with extremely limited knowledge.

eBay exhaust
Be weary of 'cheap' exhaust headers, downpipes, mufflers and other parts. Skimping on things attached to your engine is a bad idea — especially when it comes to exhaust parts. Low quality knock-off pieces often leak, crack, split and cause major headaches. Plus they're often time consuming to remove and reinstall. So, seek high-quality parts — and save yourself the headache.

JUSTIN PRITCHARD/FOR METRO

SiriusXM

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2012 Dodge Grand Caravan Crew shown.§

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7.5 L/100 KM HWY*

2012 Dodge Journey SXT shown.§

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+Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

Dodge.ca/Offers

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Less Fuel. More Power. Great Value is a comparison between the 2012 and the 2011 Chrysler Canada product lineups. 40 MPG claim based on 2012 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. See retailer for additional EnerGuide details. Wise customers read the fine print: • ^ ▲ ‡ § The Hottest Long Weekend Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers between August 1 and 7, 2012. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailers for complete details and conditions. • $19,995 Purchase Price applies to 2012 Dodge Grand Caravan Canada Value Package (29E) only and includes $8,000 Consumer Cash Discount. $19,995 Purchase Price applies to 2012 Dodge Journey Canada Value Package (22F) only and includes $2,000 Consumer Cash Discount. See participating retailers for complete details. Pricing includes freight ($1,400–$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. *Consumer Cash Discounts are offered on select 2012 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. ▲$1,500 Bonus Cash is available on all new 2012 Dodge Grand Caravan SXT and $1,000 Bonus Cash is available on all new 2012 Dodge Journey SXT models except remaining Save the Freight models. Bonus Cash will be deducted from the negotiated price after taxes. See your retailer for complete details. †4.99% purchase financing for up to 96 months available on the new 2012 Dodge Grand Caravan Canada Value Package (29E)/2012 Dodge Journey Canada Value Package (22F) models to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Auto Finance and Ally Credit Canada. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. Examples: 2012 Dodge Grand Caravan Canada Value Package (29E)/2012 Dodge Journey Canada Value Package (22F) with a Purchase Price of $19,995/$19,995 (including Consumer Cash Discount) financed at 4.99% over 96 months with $0 down payment, equals 208 bi-weekly payments of $117/$117 with a cost of borrowing of $4,297/$4,297 and a total obligation of $24,291.83/$24,291.83. Pricing includes freight ($1,400–$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. §2012 Dodge Grand Caravan Crew shown. Price including applicable Consumer Cash Discount: $28,530. 2012 Dodge Journey SXT shown. Price including applicable Consumer Cash Discount and $1,000 Bonus Cash: $24,995. Pricing includes freight ($1,400–$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. See bottom of the ad for range of potential retailer fees. Retailer order/trade may be necessary. Retailer may sell for less. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. ■Based on *Ward's* 2011 Small Van Segmentation. Excludes other Chrysler Group LLC designed and/or manufactured vehicles. ^Based on R. L. Polk Canada, Inc. January to October 2011 Canadian Total New Vehicle Registration data for Chrysler Crossover Segments. ¤Based on 2012 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. 2012 Dodge Grand Caravan Canada Value Package – Hwy: 7.9 L/100 km and City: 12.2 L/100 km. 2012 Dodge Journey Canada Value Package & SE Plus – Hwy: 7.5 L/100 km and City: 10.8 L/100 km. 2012 Dodge Journey SXT – Hwy: 7.8 L/100 km and City: 12.6 L/100 km. **The SiriusXM logo is a registered trademark of Sirius XM Satellite Radio Inc. *Jeep is a registered trademark of Chrysler Group LLC.

Evolving the road trip, through social media

Autopilot

AUTO PILOT
Mike Goetz
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I don't know about you, but sometimes I feel like the world is going to hell in an Internet-connected hand basket.

Primarily those are the times when I would look around our home and see every member of our family dispersed and tethered to various and different screens. Four separate islands of Facebook, Call of Duty, YouTube, and Sportsnet.

So I was thrilled to get wind of Greg Mountenay and his most excellent road trip adventure.

Greg took an old, glorious form of non-digital social interaction, and one close to my heart, the automobile road trip, and gave it a really cool, new life — by actually leveraging our now-digitized social life.

He decided to drive across the country and connect with as many of his Facebook friends as possible. What a cool idea!

"A lot of people are concerned that social media is going to take over, be the new frontier of conversation," says Greg, over his cell phone connected to a hands-free Bluetooth device, on the road somewhere between Sault Ste. Marie and Sudbury, Ont.

"But it means more to me, that I have stayed connected to my friends."

He makes a great point; the continued connection has allowed him to be welcomed with open arms from one end of the country to another, and created the circumstances, as he says, "to put another layer on the friendship."

But how did he come up with the idea?

"It was in that lull after graduation, when you realize you have two degrees and are unemployable ... I was hanging out with one of my friends, saying wouldn't it be great to just walk into a Canadian Tire, grab everything you need for a Canada-wide road trip — GPS, sleeping bag, tent — and head on my way."

Turns out, this friend has a friend at Canadian Tire. Long story short, Greg more or less got this cool, "summer job" at Canadian Tire, driving across the country in his 2003 Suzuki Grand Vitara, connecting face-to-face with friends and family, blogging about his experiences, and trying out various Canadian Tire road trip products, like the Jawbone Bluetooth, Magellan GPS, and Coleman Instant Tent.

After starting from Canadian Tire in Peterborough, Ont., and making it all the way to the West Coast, Greg Mountenay is now moving through Ontario again, en route to his final destination in Halifax. CONTRIBUTED

All along he wanted to tie the trip to Facebook, to visit as many Facebook friends as possible along the way. But it took on an even greater Facebook spin when he started posting his possible itinerary.

"Once friends knew I was going across the country, they said, 'Well you have to stop and see me.'"

The other neat aspect of chronicling the journey over the web, is that friends can track his progress as he makes his way toward them. The "build up" creates even more excitement. He recalls his friend, Jen Feele, getting more excited by the day, as he made his slow way to her home base in Squamish, B.C.

"I get status updates from friends," says Greg.

"I know what's going on in their lives. But I haven't actually seen some of them for years. It was so amazing to be able to connect ... to see what their lives are like and what the country is like, from their perspective."

Check out his blogs at greg mountenay.wordpress.com. Use any internet-connected device at your disposal.

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Top Gear

These cars are in pieces

GreenLight Collectibles of Indianapolis, Ind., is known primarily for producing a variety of die-cast scale car models. However the company has recently branched out into the puzzle business with its Motobuildz line of three-dimensional automobile puzzles. Each one of these 1/24th-scale (approximately) puzzles are made from foam board and come with a friction motor (just push the car and the friction motor keeps it going). GreenLight's initial offerings consist of the Chevrolet Camaro and Corvette ZO6, Ford Mustang and SVT Raptor pickup and the Dodge Challenger SRT8 and Charger SRT. The puzzles sell for about $6 US each and are available at a number of toy and hobby shops, including Toys "R" Us (toysrus.com). However for more product info go to greenlightcollectibles.com.

Get an extension

If you find yourself regularly carrying building materials, carpeting or other longish building supplies that extend well past your truck's lowered tailgate, then you need help. The American Tail Mate keeps these loads from actually resting on the tailgate and potentially causing damage to your pickup and/or your load. The extender attaches to any Class III hitch to provide up to 30 inches (76 centimetres) of additional bed capacity. The Tail Mate's tubular beam can securely support up to 1,000 pounds (454 kilograms) of extra-long cargo weight (cargo that's also up to 51 inches — 130 centimetres — wide). The 20-kilogram unit sells for $290 US and is available from a number of retail and online sources. For the full story go to truck coversusa.com. **WHEELBASE**

Ah, the old Look Back Heart Attack

Professional freestyle rider Trevor Vines, of Pierpont, Ohio, does the "Look Back Heart Attack" motorcycle jump trick above Roar on the Shore attendees recently in Erie, Pa.

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Take a break: A tired driver can be deadly

Driving Force. Choose water over caffeine to fight fatigue, says expert

JIL MCINTOSH
drive@metronews.ca

Driving is a complex task that requires a great deal of concentration, but we don't always give it our full attention. Sometimes, it's just because we're too tired.

"Any time that you are not focused on driving, you are a danger on the road," says Gail Robertson, road safety ambassador with InsuranceHunter.ca. "Driving when you're tired is a problem."

According to a recent survey of drivers in Ontario, men are more likely to drive when they're tired than women. The survey questioned parents with children under the age of 12 who take family road trips. It found that 30 per cent of the men surveyed have nodded off behind the wheel; 64 per cent continued driving on a road trip when they were tired; 24 per cent admitted they weren't paying close attention because of fatigue; and 10 per cent almost got into a collision. As well, 34 per cent of fathers would continue to drive until the children requested a break, while 17 per cent who knew they were exhausted simply kept driving, and hoped they wouldn't crash. The poll found a higher rate of men because they are more likely to be the primary drivers on road trips, Robertson suggests.

"Three-quarters of men are doing the bulk of driving on road trips," she says.

Warning signs of fatigue include yawning, excessive blinking, head nodding, staring straight ahead, or drifting out of your lane.

Road trips should be planned with fatigue prevention in mind. Robertson says this includes getting enough sleep the night before; stopping for breaks, even if it just involves walking around the car for a few minutes; switching drivers regularly, if possible; and allotting "down time" in the travel itinerary, with the whole family involved in making sure the driver gets some rest.

Drinking enough water will help prevent dehydration, which can contribute to fatigue, and choose healthy snacks over sweet ones.

"If you have that sugary snack, you feel good for 15 minutes and then you crash," Robertson says. "Caffeine also gives you a quick spike, but then your energy level drops. It's better to drink water."

And any time you're too exhausted to drive, pull over and get some rest.

"Do you want to get to your destination safely, or have something happen?" Robertson says. "People need to look at alternatives, even taking a room and getting some sleep if you're that tired."

Sleepy = drunk?

- **Reaction.** Driving while sleepy can be just as dangerous as driving drunk: in both cases, the driver's reaction time is reduced.
- **Age.** Young parents seem to be more willing to drive when tired than older ones, especially if they feel their children aren't in need of a break.
- **Common.** Almost all drivers admit that they have driven when they were too tired to drive safely.

A recent survey found that men are more likely to drive when they're tired than women. INSURANCEHUNTER.CA

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If your policy is not up for renewal yet, it is still worth investigating and shopping around, as you may find a better rate. Although some insurance companies charge a cancellation penalty, if your new rate is low enough, the savings you'll gain could be worth making the switch.

Shopping around for car insurance is one of the best ways to ensure that you're paying the best rate based on your circumstances. It gives you the ability to compare the rate offered by your current insurance provider with other providers without any obligations. It can be time consuming when you have to make dozens of phone calls to individual insurance companies. Insurance quoting sites like InsuranceHotline.com can help by comparing your insurance rate against over 30 car insurance companies to find you a lower rate available for your driving profile.

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Do you know where the dirt inside your car hides?

Although Canadians have a reputation for being neat and tidy, focusing on cleanliness doesn't appear to be a priority when it comes to our cars.

When compared to the amount of time spent cleaning the kitchen, vehicles are often a neglected source of dirt and grime.

According to a survey conducted by Canadian Tire, almost half of Canadian drivers surveyed spend five to ten hours a week preparing or eating a meal in the kitchen and 83 per cent clean them regularly (more than once a week).

But when it comes to vehicles, we spend an average of five hours a week in our vehicles, and one in five admit they don't immediately clean food and drink spills, leaving them to attract bacteria.

Quote

"The surfaces touched most frequently, like the steering wheel and cup holder, are usually the dirtiest places inside your car."

Melissa Honour, Canadian Tire

So where are the dirtiest places in your car and how do you clean them?

"The surfaces touched most frequently, like the steering wheel and cup holder, are usually the dirtiest places inside your car," said Melissa Honour, Canadian Tire's expert on auto cleaning.

"One of the best things car owners can do is clean these high-use spots at least once a week. Many detailing products today not only contain antibacterial agents, but also add an anti-static barrier against moisture, dust, oxidation, staining and fading."

A few more tips to keep in mind next time you tackle the inside of your ride:

• Start with clearing out the garbage, loose change and junk from inside your car. Wipe down the dashboard, consoles and door panels to remove surface stains, spills and debris.

• Use an auto-glass cleaner on your interior windows to improve visibility, removing film build-up and streaks. Using a regular household cleaner can damage the tint found on all car windows.

• For hard-to-reach places that cannot be easily vacuumed, try using a toothbrush to move the dirt to an accessible spot nearby and clean it up from there.

• With one in four Canadian drivers typically travelling with pets, deodorizing products like Autoglym Odour Eliminator are popular for keeping your vehicle smelling fresh.

• For leather seats, use a leather-specific cleaner on your car's interior to gently remove dirt and stains and help keep leather pliable.

NEWS CANADA

He's smiling because he hasn't cleaned the car's interior yet. NEWS CANADA

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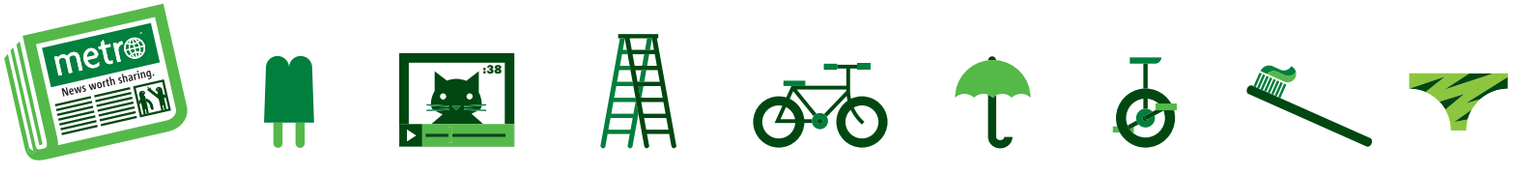

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Horoscopes

♈ Aries
March 21 - April 20
Let employers and people in positions of authority know what you can do. Let them know how hard you work and how much value you add to the tasks you undertake. Make sure you get the recognition you deserve.

♉ Taurus
April 21 - May 21
A new phase has begun but still you are clinging to the past. The planets indicate that it's time to move on and the sooner you come to terms with that fact, the sooner you will enjoy life again.

♊ Gemini
May 22 - June 21
Money matters may be high on your priority list at the moment but that does not mean your social life has to take a back seat. The approaching full moon will bring someone new and exotic into your life.

♋ Cancer
June 22 - July 23
Be generous with others today, even if you have fallen out with them over emotional or material issues that are important to you. There is no point holding grudges — the person it hurts most is you.

♌ Leo
July 24 - Aug. 23
The pace of life is picking up by the hour, if not the minute, and today and tomorrow you will have to react to situations that are not of your choosing. Stay calm and you'll do OK. Nothing can hurt you.

♍ Virgo
Aug. 24 - Sept. 23
Passions will be running high over the next 24 hours and there may be times when it all gets a bit too much for you. Those are the times when you need to back off and let things cool down a bit.

♎ Libra
Sept. 24 - Oct. 23
If nothing else, the approaching full moon will help you to see things from other people's point of view — and that's a useful talent to have. If you know how they think, you'll also know what to expect.

♏ Scorpio
Oct. 24 - Nov. 22
Something amazing will happen over the next 48 hours and although it may cause you a few moments of alarm, you can sense it's all good really. What is an upheaval for some can be an opportunity for you.

♐ Sagittarius
Nov. 23 - Dec. 21
Forget about how much something might cost you and go for it. If it engages your imagination then it must be good. Don't overanalyze what is really a quite simple situation.

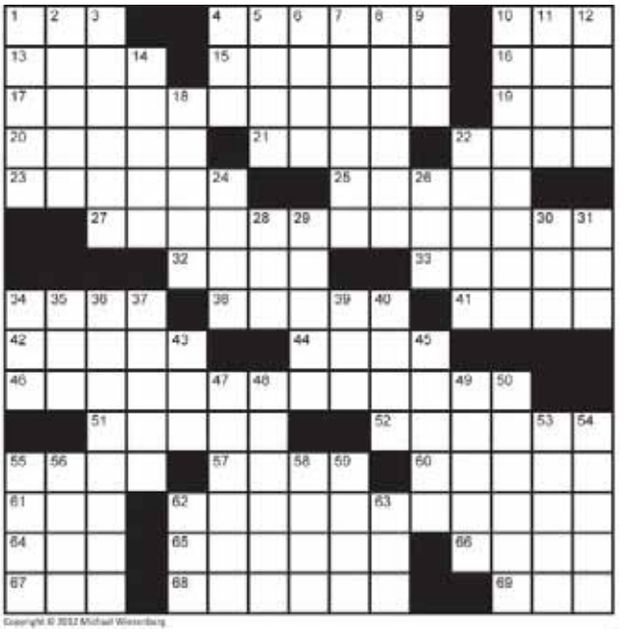
♑ Capricorn
Dec. 22 - Jan. 20
Tomorrow's full moon will bring to a head an issue that has been worrying you, but it's what you do today that will determine how much of an impact it has. Be cautious. This is not a time to take risks.

♒ Aquarius
Jan. 21 - Feb. 19
It's not like you to have second thoughts once your mind is made up about something but that's exactly what is happening. Could it be you have taken a wrong turning along the way? Yes.

♓ Pisces
Feb. 20 - March 20
You have every right to express your opinion — in fact it's more than a right, it's a duty. The reason powerful people don't like what you say is because they know it's the truth. All the more reason to say it. **SALLY BROMPTON**

Crossword: Prime Minsisters

BY MICHAEL WIESENBERG



Across

1. ___ constrictor: python relative
4. Divvied up
10. ___ of luxury
13. ___ Donald: what Huey, Dewey, and Louie called their uncle
15. Kansas capital
16. Anger
17. 13th PM John (1957-1963)
19. ATM charge
20. Successfully bypassed the bouncer
21. Margarine
22. Deliver cards
23. Isolate, as Napoleon Bonaparte, or leave as a castaway, like Gilligan
25. Christmases
27. 6th PM, whose 69 days in office in 1896 were the shortest term
32. "___ it down": put it on the floor
33. "Let's give ___!": "Let's try"
34. San Francisco's cops: abbr.
38. Dashboard engine speed gauges
41. Blizzard feature
42. 3: Fr.
44. 8: Fr.
46. 3rd PM (1891-2), between Macdonald and Thompson
51. TV hostess O'Donnell
52. Prepares clams
55. Revolve
57. Tae ___ do: karate type
60. Loosen, as laces
61. Help
62. Canada's first woman PM
64. Lower limb
65. "Rub-a-dub-dub, three men ___"
66. Early Ontario inhabitants
67. Before: poetic
68. Related on father's side
69. Snake's warning

Down

1. Barely move
2. Burger garnish
3. ___ acid: vinegar component
4. RR stop
5. Bum
6. "Be ___ and lend me 50 bucks, willya?"
7. Enters again, as data
8. Barely make, as a living
9. Pop folk singer-songwriter Williams
10. Time from cradle to grave
11. Acreage
12. Apple covering
14. ___ *Called Wanda*: 1988 John Cleese film
18. Former Chinese premier Chou ___
22. History and English, etc.: univ. divisions
24. Former: poetic
26. A ___: his (Fr.)
28. Meadow
29. ___ Sketch: classic drawing toy
30. Megalomaniacal feature
31. Tier
34. Rds.
35. End of the work wk.
36. Goldilocks meal
37. French city famous for mustard
39. Wheel center
40. Brothers and sisters, briefly
43. "Help!"
45. Compute the sum of
47. Backpacker's activity
48. Paul of *Cool Hand Luke*
49. Year that Claudius I was born
50. French fries, slangily
53. The M in MPG and MPH
54. 1990s tennis champ Monica with nine Grand Slam titles
55. Bargain hunter's delight
56. Docking platform
58. "He doesn't ___ bit afraid, does he?"
59. Astro or cosmo follower
62. Korean car manufacturer
63. Honorary U.K. title

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

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How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

					9		8	
4	8				1	3		
	3		2			9		
	5			9	6		7	
2								6
	1		5	7			4	
		7			5		3	
		3	6				5	2
	6		4					

Yesterday's Sudoku

8	2	5	4	9	3	7	1	6
6	3	9	1	7	8	4	5	2
4	1	7	2	5	6	8	9	3
1	5	3	9	8	4	2	6	7
2	6	4	7	3	1	5	8	9
9	7	8	5	6	2	1	3	4
5	9	1	6	2	7	3	4	8
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7	8	6	3	4	5	9	2	1

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The 2013's are here early. That's the Power to Surprise.

KIA 2013 EARLY ARRIVALS EVENT

HWY (A/T): 6.2L/100KM
CITY (A/T): 9.5L/100KM

Sorento SX shown△

0% —FINANCING ON— 2013** ON SELECT MODELS

+3 PAYMENTS ON US*

OFFER ENDS AUG 19TH

Visit kia.ca to learn more.

2013 SORENTO

7 PASSENGER SEATING AVAILABLE

$0 DOWN	OWN IT FROM $155≠ BI-WEEKLY	AT 0% APR	FOR UP TO 60 MONTHS

bi-weekly for 60 months, amortized over 84 months with **$0 DOWN PAYMENT**. $8,051 remaining balance. Offer includes delivery, destination and fees of $1,784 and **$500** loan savings! **BASED ON A PURCHASE PRICE OF $28,679**. Offer based on 2013 Sorento LX AT.

– OR –

STEP UP TO THE 2013 SORENTO 3.5 LX V6 FOR:

+3 payments on us* or cash equivalent

FROM $19≠ BI-WEEKLY	AT 1.49% APR

FEATURES:
- SMART KEY
- PUSH BUTTON START
- 3.5L V6 276 HP 248 LB-FT
- 3,500 LB TOWING CAPACITY

$174 bi-weekly for 60 months, amortized over 84 months with $799 down payment. $8,887 remaining balance. Offer includes delivery, destination and fees of $1,784 and **$500** loan savings! **BASED ON A PURCHASE PRICE OF $31,279**. Offer based on 2013 Sorento 3.5 LX V6.

2013 RIO 5-DOOR

+3 payments on us* or cash equivalent

$0 DOWN	LEASE IT FROM $189§ PER MONTH	AT 0.9% APR	FOR UP TO 48 MONTHS

$0 DOWN PAYMENT. Offer includes delivery, destination and fees of $1,489 and $500 lease savings.
BASED ON A PURCHASE PRICE OF $16,034. Offer based on 2013 Rio5 LX MT.

Rio5 SX shown△

HWY (M/T): 4.9L/100KM
CITY (M/T): 6.6L/100KM

2013 OPTIMA

LEASE IT FROM $241§ PER MONTH	AT 0.9% APR	FOR UP TO 48 MONTHS

$2,399 down payment.
Offer includes delivery, destination and fees of $1,589.
BASED ON A PURCHASE PRICE OF $23,934. Offer based on 2013 Optima LX MT.

Optima SX Turbo shown△

HWY (A/T): 5.6L/100KM
CITY (A/T): 8.6L/100KM

ALSO AVAILABLE: $1,000 ECO-CREDIT ON HYBRID MODEL›

5 Year Warranty WE'VE GOT YOU COVERED

*5-year/100,000 km worry-free comprehensive warranty.

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- Military Benefit
- Mobility Assistance
- Grad Rebate

see dealer for details

KIA
The Power to Surprise

Kia's new Customer Friendly Pricing includes delivery and destination fees and all mandatory government levies. Prices do not include dealer administration fees ($399 to $699), licensing, PPSA or applicable taxes.

Offer(s) available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by August 31, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. **0% purchase financing is available on select 2013 Kia models on approved credit (OAC). Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2013 Rio5 LX MT (ROS51D) with a selling price of $15,684 [includes delivery and destination fees of $1,455, other fees of $54, OMVIC fee, environmental fee and A/C tax ($300, where applicable)] financed at 0% APR for 36 months. Bi-weekly payments equal $201 with a down payment/equivalent trade of $0. Cost of borrowing is $0 for a total obligation of $15,684. License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA, and registration fees are extra. Retailer may sell for less. See dealer for full details. ≠Bi-weekly finance payment for 2013 Sorento LX AT (SR75BD)/2013 Sorento 3.5 LX V6 (SR75ED) based on a selling price of $28,679/$31,279 is $155/$174 with an APR of 0%/1.49% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $8,051/$8,887 plus applicable taxes due at end of 60-month period. Other includes a loan savings of $500, delivery and destination fees of $1,650, other fees of $54, OMVIC fee, environmental fee and A/C tax ($300, where applicable) are included. License, insurance, applicable taxes, PPSA, admin fee (up to $699), and registration fees are extra. See dealer for full details. §Lease offer available on approved credit (OAC) on 2013 Rio5 LX MT (ROS51D)/2013 Optima LX MT (OP54ID) is based on monthly payments of $189/$241 [includes delivery and destination fees of $1,455, other fees of $54, OMVIC fee, environmental fee, A/C tax ($300, where applicable), $550 lease service fee and a lease savings (lease credit) of $500/$50] for 48 months at 0.9% with a $0/$2,399 down payment/equivalent trade. PPSA, security deposit and first monthly payment due at lease inception. Total lease obligation is $9,049/$13,956 with the option to purchase at the end of the term for $6,901/$10,710. Lease has 16,000 km/year allowance (other packages available and $0.12/km for excess kilometres). Other taxes, registration, insurance, licensing and variable dealer administration fees (up to $699) are excluded. ‡Loan savings for 2013 Sorento LX AT (SR75BD)/2013 Sorento 3.5 LX V6 (SR75ED) is $500 and is available on purchase financing only on approved credit (OAC). Loan savings vary by model and trim and are deducted from the negotiated selling price before taxes. Some conditions apply. *3 Payments On Us offer is available on approved credit to eligible retail customers who finance or lease a new 2012/2013 Rio 4-Sedan/Rio5/Forte/Forte Koup/Forte5/Sorento from a participating dealer between August 1 – August 19, 2012. Eligible lease and purchase finance (including FlexChoice) customers will receive a cheque in the amount of three payments (excluding taxes) to a maximum of $300/$300/$350/$350/$350/$550/$550/$550/$550 month. Lease and finance purchases are subject to approved credit. Customers will be given a choice between up to $900/$900/$1,050/$1,050/$1,050/$1,650 reductions from the selling/leasing price after taxes or dealer can issue a cheque to the customer. Some conditions apply. See your dealer for complete details. ^ECO-Credit for 2013 Optima Hybrid is $1,000 and is applicable to the purchase or lease of a new 2013 Kia Optima Hybrid. Available at participating dealers. Certain restrictions apply. See dealer for details. △Model shown Manufacturer Suggested Retail Price for 2013 Sorento 3.5 LX AWD ($37,150)/2013 Rio5 SX with Navigation AT (ROF75D)/2013 Optima SX Turbo (OP78BD) is $45,045/$23,750/$35,550 and includes delivery and destination fees of $1,650/$1,455/$1,455, other fees of $54, OMVIC fee, environmental fee and A/C tax ($300, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA and registration fees are extra. Retailer may sell for less. See dealer for full details. Available at participating dealers. ›Highway/city fuel consumption of these vehicles may vary. These estimates are based on Transport Canada's approved criteria and testing methods. Refer to the government of Canada's *ecoGuide Fuel Consumption Guide*. Your actual fuel consumption will vary. Some conditions apply to the $500 Grad Rebate Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. KIA is a trademark of Kia Motors Corporation.